DELIGHTS

for Ladies, to adorne

their Persons, Tables,

Closets, and Dis-

latories.

WITH

Beauties, Banquets, Perfumes

and Wafers.

Reade, practise, and

AT LONDON

Printed by [illegible]

1611

To all true Louers of Art, and KNOVVLEDGE.

Sometimes I write the formes of burning balles,
Supp'ying wilts that were by woodfals wrought:
Somtimes of tubs defended so by Art,
As fire in vaine hath their defruction sought:
Sometimes I write of lasting Beuerage,
Great Neptune *and his prisoners to vomit:*
Sometimes of food, sweet fresh and durable,
To maintaine life, when all things else were spent:
Sometimes I write of sundry sorts of soile,
Which neither Ceres *nor her handmaides knew.*
I write to all, but scarsly one beseemes,
Saue Diue & Densshire, *who haue found the true.*
When heauens did mourne in cloudy mantles clad,
And threatned famine to the sons of men:
When sobbing earth denied her kindly fruit
To paine full ploughmen and his hinderers then
I write relieuing remedies of dearth,
That Art might helpe where nature made a failer
But all in vaine, these new borne babes of Art,
In their vntimely birth straight-way do quaile.

[illegible] and such [illegible] found skill,
[illegible] pains full ten years I became wrote at large,
Expecting still my Countries good therin,
And not respecting labour, time or charges
But now my pen and paper are perfum'd,
I scorne to write with coppresse or with gall,
Barbarian canes are now become my quills,
Rosewater is the inke I write withall:
Of sweets the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice
Preserues and conserues both of plum and peare.
Enspaling now as ten years wa's
Are strong enough and beare the fruits our age:
Let pearcing bullets turne to sugar balls,
The Spanish feare is hasht and all their rage.
Of marmelade and paste of Genua,
Of musked sugar I intend to write,
Of Leach, of Sucket, and Quidonia,
Affording to each Lady her delight.
I teach both fruites and flowers to preserue,
And candie them, so Nutmegs, Cloues, and Mace,
To make both marchpane paste, and [illegible]
And cast the same [illegible]
Each bird and foule, so moulded from the life,
And after cast in sweet compounds of Arte,
As if the flesh and forme which Nature gaue,

Did ſtill remaine [illegible]
When cryſtall froſt [illegible]
And cleane conſum'd the fruits of euery yeare,
Yet heere behold the cloſters freſh and faire,
Fed from the branch, or hanging on the line.
The Wallnut ſmall nut, and the Cheſnut ſweet,
Whoſe ſugred kernels loſe their pleaſing taſte,
Are heere from yeere to yeere preſerued meet,
And made by arte with ſtrongeſt fruits to laſt:
Th'artichoke, and th'Apple of ſuch ſtrength,
The Quince, Pomgranate, with the Barbarie,
No ſugar vs'd, yet colour, taſte and ſmell.
Are heere maintain'd and kept moſt naturally.
For Ladies cloſets and their ſtillatories,
Both waters, ointments and ſweet ſmelling balls,
In eaſie tearmes without affected ſpeech,
I heere preſent moſt readie at their calls.
And leaſt with careleſſe pen I ſhould omit
The wrongs that Nature on their perſons wrought
[illegible] parching ſun with his hot firie rayes,
[illegible] ſmalls.
No idle thoughts, nor vaine ſurmiſed skills,
By fancie framde within a theorique braine,
My Muſe preſents vnto your ſacred eares:
To win your fauours falſly I diſdaine.
From painefull practice, from experience,
I found, though coſtly, myſteries aurine:

Vulcans forge,
and from such scores I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So when she wakes, she happily may record,
Her sweetest dreames in some more pleasing stile.

H. PLAT.

Good Reader, for the vnderstanding of this table, knowe that a, b, c, d, do giue directions vnto the foure seuerall partes or Treaties of this Booke: (a) for the first, the rest in their order.

A

Anula Campana rootes preserued a, 1
Almonds in Leach a, 27
Almond butter to make a, 57
Almonds into gelly a, 58
Aliger distilled b, 16
Apples kept dry all the yeare a, 47
Aqua rubea b, 7
Aqua composita of D. Steuens b, 8
Artichokes kept long. a, 69

B

Bags sweet to lie amongst linnen, d, 35
Ball to take out staines d, 3
Ball to wash with d, 8
Balme water b, 5
Beaumanger. c, 11
Beefe rosted kept long c, 18

Beefe powdred, kept long without charge c, 19
Beefe fresh at the sea, c, 20
Beautie for the face d, 24
Bisket bread, or French bisket a, 19
Bisket called Prince Bisket a, 20
Bisket called biskettello a, 21
Bloud of hearbs b, 22
Borage candied a, 11
Bottling of Beere truely c, 27
Bottles mustie helped c, 28
Bottle ale most excellent c, 32
Brawne to eat tender and delicate c, 13
Broome capers preserued a, 37
Broiling without smoke c, 26
Bruse helped d, 24
Butter tasting of spice or flowers a, 21

C

CAkes sweet without spice or sugar a, 6
Candying of flowers a, 9, 31
Candying in rocke candie, a, 33, 42,
Candying of orenge pilles, a, 35
Candles for Ladies tables c, 39
Candles hanging in the aire c, 40
Capers of broome preserued a, 37
Capon boiled in white broth, c, 1

Casting in sugar plate, a, 15
Casting of sugar in party moulds, a, 43
Casting and moulding of fruit a, 44
Cheries preserued a, 8
Cherie pulp kept dry all the yeere, a, 45
Cheries dried in the sunne a, 46
Cheese extraordinarie c, 23
Chesnuts kept long a, 73
Chilblanes helped a, 15
Chine of veale or chicken boiled, c, 10
Cinamon water b, 10
Collis white and like gely a, 51
Comfits of all sorts a, 54
Cóserue of Prunes or Damsons a, 50, 52
Conserue of strawberries a, 51
Cowcumbers preserued a, 36
Cowslep paste. a, 40
Cowslep water of vinegar of the colour of the cowslep. 34
Crayfish kept long c, 31
Creame clowted. c, 23

D

DAmaske powder d, 19
Damsons in marmelade a, 31
Damson pulpe kept all the yeare a, 45
Damsons in conserue a, 50, 52
Dentifrices for the teeth d, 26

Diſtillation of hearbs in a new manner b,11
Drying of fruites in the ſun a,46

E

Eglantine water b,20
Eringo rootes preſerued a,1
Extract of vegetables b,19

F

Face ſpotted or freckled to help, d,8 23
Face made faire d,7.14
Face full of heate, helped d,11.16 17.18,19,20,21
Face kept white and cleare d,12
Fiſh into paſte c,14
Fiſh fried kept long c,17
Fleſh kept ſweet in ſummer c,24
Flies kept from oile peeces c,30
Flounder boild on the French faſhion c,3
Flowers preſerued a7
Flowers candied a,9,11
Flowers in rocke candie a,42

Flowers dried without wrinkling, a. 63
Fruit preſerued a, 8
Fruit how to mould and caſt a, 44
Fruit kept drie all the yeare, a, 45. 46, 47
Fruit kept long freſh. a, 70

G

GElly cryſtalline a, 26
Gelly of fruits a, 29
Gelly of Almonds a, 58
Gilliflowers kept long a. 61
Gilliflowers preſerued a, 7
Gilliflower water b, 20
Ginger bread a, 22.
Gingerbread drie a, 23
Ginger in rocke candie a, 33, 42
Ginger greene in ſirup a, 49
Ginger candied a, 53
Gloues to perfume d, 34
Gooſeberries preſerued a, 8
Grapes growing all the yeere a, 62
Grapes kept till Eaſter. a, 64.

H

HAndwater excellent d, 2, 28
Hands ſtained to helpe d, 5
Hands

Hands freckled to helpe d.8
Handwater of Scotland b,21
Hatell nuts kept long a,72
Haire blacke altered d,30.37
Haire made yellow d,36
Herbs distilled in a new manner, b, 18
Hearbs to yeeld salt b, 12
Hearbes to yeeld bloud b,22
Honey to yeeld spirit b, 23

I

IRish Aqua vitæ. b,9
Isop distilled in a new manner b.14
Iuyce of Orenges or lemmons kept all the yeare. c,35
Iumbolds to make a.16

L

LArkes to boyle c.4
Lauender distilled in a newe manner b.12
Leach of Almonds a,27
Leach a,59
Leg of mutton boyled after the French fashion. c.7

Lem-

Lemmons in Marmelade a,41
Lemmon moulded and caſt a,44
Lemmon iuice kept all the yeere c,35
Lettuce in ſucket a,32
Liquerice paſte a,40
Lobſters kept long c,31

M

Mace in rocke candie a,42
Mallard to boyle c,6
Marchpane paſte a,12.18
Marigolds preſerued a,7
Marigolds candied a,9.11
Marigold paſte a,40
Marmelade of Quinces or Damſons a,30
Marmelade of Lemmons or Orenges a,41
May-dewe clarified a,33
Morphew helped d,21.22
Mulberies in gellie a,19
Muske ſugar a,2
Muſtard meale c,25
Muſtineſſe helped or preuented in waters. b,24

Nut-

N

Nvtmegs in rocke candie. a,33. 42
Nutmegs candied. a,53
Nuts molded and cast off a,44
Nuts kept long a,72

O

Orenges preserued a,34
Orenge pilles candied a,35
Orenges in marmelade a,41
Orenge molded and cast off a,44
Orenge iuice kept all the yeere c,35
Oisters kept long. c,15

P

Paste of flowers. a,14.40.
Paste of Nouie a,15
Paste to keepe one moist a,17
Paste called puft paste a,24
Paste short without butter a,23
Paste of Genua of Quinces a,30
Paste of fish c,14
Peare molded and cast off a,44

Peares kept dry a,47
Perfumes delicate, and sodainly made d,31
Perfuming of gloues d,34
Pickrel boiled on the frēch fashion,c,3
Pigions of sugar paste a,10
Pigions boyled with Rice c,9
Pig to sowse c, 1.2
Pigs petitoes boyled after the French fashion c.8
Plums preserued a,8
Plums dried in the sunne a,46
Pomander to make d,4
Pomander renewed d,32
Pomatū most excellēt for the face,d,13
Pomgranats kept long a,68
Preseruing of Rootes a,1
Preseruing of Cowcumbers a,36
Prunes in conserue a,50,52
Pulpe of fruite kept all the yeare, a,45

Q

Quidinia of Quinces a,58
Quinces into paste of Genua,a,30
Quinces in marmelade a,31
Quinces kept drie all the yeere a,47

Quinces kept long a,69

R

RAbbets of Sugar paste a,10
Raspices in gelly a,25
Rootes preserued a,1
Rootes candied a,5
Rosa solis to make b,6
Rosemarie flowers candied a,9
Rose leaues to dry a,3
Rose sirup a,9
Roses preserued a,7
Roses and Roseleaues candied a,9.11
Rose paste a,40
Roses kept long a,61
Roseleaues dried without wrinkles a,67
Rosewater stilled at michaelmas b,1
Rosewater distilled in a speedy manner b,14
Roses to yeeld a spirit b,17
Rose water most excellent b.18
Rosewater, and yet the Roseleaues not discoloured b,2
Rosewater and oile drawne together b,25

Rosewater of the colour of the Rose. c, 34
Rose Vinegar of the colour of the rose. c, 34
Rose vinegar made in a new manner. c, 41

S

Sallet oile purified & graced in taste and smell c, 36
Salmon kept long fresh c, 16
Salt of hearbs b, 12
Salt delicate for the table c, 38
Sawsedges of Polonia c, 14
Sirup of Violets a, 4
Sirup of Roses a, 5
Sparrowes to boile c, 4
Spirit of wine extraordinarie b, 1
Spirit of wine ordinarie b, 2.
Spirits of spices b, 3
Spirit of wine tasting of any vegetable b, 4
Spirit of honey b, 13
Spirit of hearbs and flowers b, 17
Skinne white and cleare d, 2
Sunburning helped. d, 22

Stone

Stone to sweat in d,27
Strawberries in gelly a,29
Strawberries in conserue a,51
Sucket of Lettuce stalkes a,32
Sucket of greene walnuts a,49
Sugar musket a,2
Sugar paste for foule a,10
Sugar plate to cast in a,13
Sugar plate of flowers a,14
Sugar plate to colour a,38
Sugar cast in partie moulds a,43
Sugar smelling and tasting of the cloue or cinamon. a,71

T

TEale to boile c,6
Teeth kept white and sound d,10
25,16
Thyme distilled in a new manner b,11
Trosses for the sea. a,39

V

VInegar distilled b,16
Vinegar to clarifie c,37
Violet sirup a,4

Violet paſte a,40,41
Violet water or vinegar of the colour of the violet c,34
Vſquebath. b,9

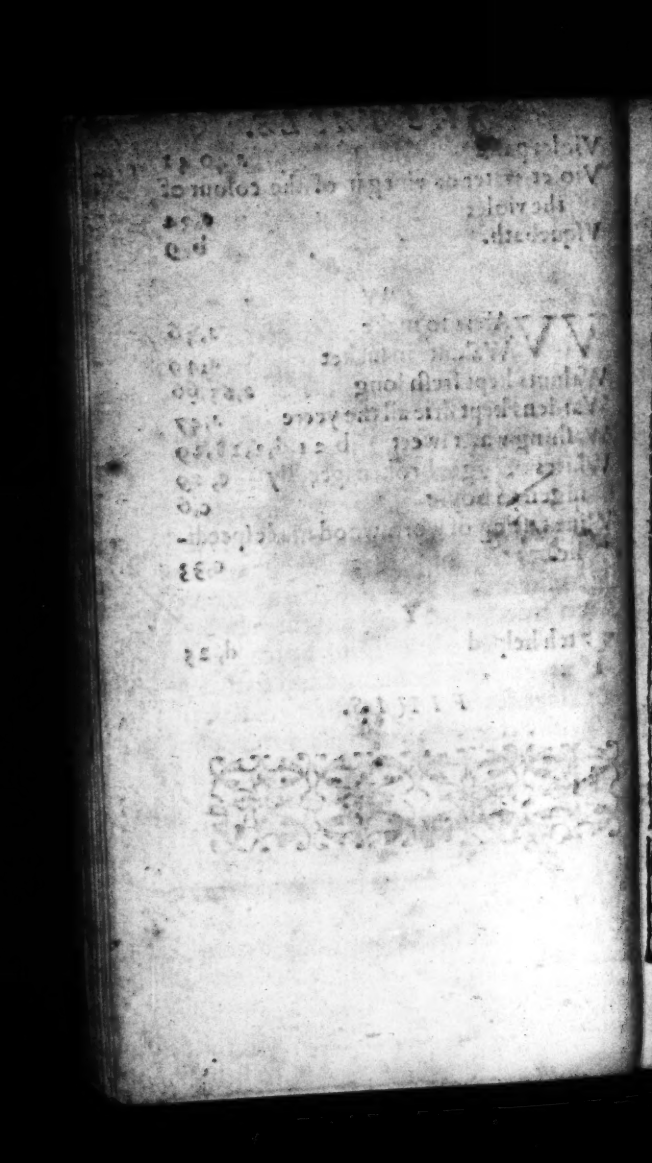
W

WAfers to make a,56
Walnuts in ſucket a,49
Walnuts kept freſh long a,65,66
Wardens kept drie all the yeere a,47
Waſhing water ſweet b,21,d,2,28,29
Whites of egges broken ſpeedily c,29
Widgen to boyle c,6
Wine taſting of wormwood made ſpeedilie. c,33

Y

Ytch helped d,25

FINIS.



The Arte of preſeruing, conſeruing, candying, &c.

1 *How to preſerue Eringo rootes, Aenula Campana, and ſo of others in the ſame manner.*

SEeth them till they bee tender, then take away the piths of them, and leaue them in a colander till they haue dropped as much as they will: then hauing a thin ſirup ready, put them being colde into the ſirup beeing alſo colde, and let them ſtand ſo three dayes, then boyle the ſirup (adding ſome more freſh ſirup vnto it to ſupply that vvhich the roots haue drunk vp) a little higher, and at three dayes ende boile the ſirup againe without any nevv addition, vnto the full height of a preſeruing ſirup, and put in your rootes, and ſo keepe them. Rootes

preſerued

preserued in this manner will eate very tender, because they neuer boyled in the sirup.

2. *How to make muske sugar of common sugar.*

BRuse 4. or 6. graines of muske, place them in a peece of sarcenet, fine lawne or cambricke doubled: lay this in the bottome of a galley pot, strewing your Sugar thereon, stop your pot close, and all the Sugar in a fewe daies will both sent and taste of muske: and when you haue spent that Sugar, you may lay more sugar thereon, which will also receiue the like impression. Such muske sugar is sold for two shillings the pound.

3. *How to drie Roseleaues in a most excellent manner.*

VVHen you haue newly taken out your bread, then put in

in your Roſes in a ſieue, firſt clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſs in the ſieue, & when they haue ſtood halfe an houre or thereabout they will grow whitiſh on the top, let them yet remaine without ſtirring till the vppermoſt of them be fully dried: then ſtir thē together, and leaue them about one other halfe houre: and if you finde them drie in the top, ſtir them together againe, & ſo continue this worke vntill they bee throughly dryed, then put them hote as they are into an earthen pot hauing a narrow mouth, and being well leaded within, (the Refiners of golde and ſiluer, call theſe pottes, hookers) ſtop it with corke and wet parchment, or with Waxe and Roſen mixed together, and hang your pot in a chimney or neere a continuall fire, and ſo they will keepe exceeding fair in colour & moſt delicate

cate in fent. And if you feare their relenting, take the Roſeleaues about Candlemas, & put the once againe into a ſieue, ſtirring them vp and downe often til they be dry. and then put them vp againe hote into your pot. Note that you muſt ſet vp your ouen lidde, but not lute it about when you ſet in your roſeleaues, either the firſt or ſecond time. *Poſt, numero 6.*

4. A moſt excellent ſirup of Violets, both in taſte and tincture.

EXpreſſe the iuice of clipt Violets, and to three parts of iuice take one fourth part of conduit water, put the ſame into an Alablaſter mortar, with the leaues which you haue ſtamped, and wringe the ſame out through a cloath, as you did at the firſt, into the other iuice, put therto a ſufficient proportion of the fineſt ſu-

gar

ger and brought also into a most fine powder, let the same stand 10. or 12. houres in a cleane glased earthen pan, then draine awaie the cleerest, and put it into a glasse, and put thereto a fewe drops of the iuice of Lemmons, and it will become cleare, transparent, and of the violet colour. Then you maie expresse more iuice into the Sugar, which will settle in the bottome, with some of the thickest part of the iuice: and heating the same vpon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of work you gain one quartet of sirup more then diuers Apothecaries doe.

5. A singular manner of making the sirup of Roses.

FIll a siluer bason three quarters full of raine water, or Rotewater: put therein a conuenient proportion

of Rose leaues, couer the bason and set it vpon a pot of hot water (as we vsually bake a Custard) in three quarters of an houre, or one whole houre at the most, you shall purchase the whole strength & tincture of the Rose: then take out those leaues, wringing out all their liquor gently, and steepe more fresh leaues in the same water, continue this iteration seauen times, and then make it vp in a sirup, and this sirup worketh more kindely then that which is made meerely of the iuyce of the Rose. You may make sundry other sirups in this manner. *Quere* of hanging a pewter head ouer the bason, if the ascending water will bee worth the keeping.

6. Another way for the drying of Rose-leaues.

DRie them in the heate of a hote sunnie daie vppon a Leades, tur-

turning them vppe and downe till they be drie (as they doe haie) then put them vp into glasses well stopt and luted, keeping your glasses in warme places, and thus you may keepe all flowers: but hearbs after they are dryed in this manner, are best kept in paper bags, placeing the bags in close Cupboards.

7. *How to preserue whole Roses, Gilliflowers, Marigolds, &c.*

Dip a Rose that is neither in the bud nor ouerblowne, in a sirup, consisting of sugar double refined, & Rosewater boiled to his true height, then open the leaues one by one, with a fine smooth bodkin either of bone or wood, and presently if it be a hotte sunnie daie, and whilest the sunne is in some good height, laie them on papers in the sunne, or else drie them with some gentle heate in

a close roome, heating the roome before you set them in, or in an ouen vpon papers, in pewter dishes, and then put them vp in glasses and keep them in drie cupboards neere the fire You must take out the seedes if you meane to eat them. You may proue this, preseruing with sugar candy, in stead of sugar if you please.

8. *The most kindely waie to preserue plums, cherries, gooseberries, &c.*

YOu must first purchase some reasonable quantitie of their owne iuice, with a gentle heate vpon imbers betweene two dishes, diuiding the iuice still as it commeth in the stewing, then boile each fruit in his owne iuice, with a conuenient proportion of the best refined sugar.

9. How

9. *How to candy Rosemary flowers, Rose leaues, Roses, Marigoldes, &c. with preseruation of colour.*

DIssolue refin'd, or double refined sugar, or sugar candy it selfe in a little Rosewater, boile it to a reasonable height, put in your rootes or flowers whē your sirup is either fully colde, or almost colde, let them rest therein till the sirup haue pearced them sufficiently, then take out your flowers with a skimmer, suffering the loose sirup to run from them so long as it will, boile that sirup a little more, and put in more flowers as before, diuide them also: then boyle all the sirup which remaineth and is not drunke vp in the flowers, to the height of *manus Christi*, putting in more sugar if you see cause, but no more Rosewater, put your flowers therin when your sirup is cold or almost cold, and let them stand till they candie.

10. *A moſt delicate and ſtiffe ſugar paſte wherof to caſt Rabbets, Pigeõs, or any other little birde or beaſt, either from the life or carued molds.*

FIrſt diſſolue Iſinglaſſe in faire water or with ſome Roſewater in the latter ende, then beate blanched almonds as you would for marchpane ſtuffe, and drawe the ſame with creame, and Roſewater (milke will ſerue, but creame is more delicate) then put therein ſome powdered ſugar, into which you maie diſſolue your Iſinglaſſe beeing firſt made into gellie, in faire warme water (note, the more Iſinglaſſe you put therein, the ſtiffer your worke will prooue) then hauing your rabbets, woodcocke, &c. molded either in plaiſter from life, or elſe carued in wood (firſt annointing your woodden moldes with oile of ſweet almonds, and your plaiſter or ſtone moldes with barrowes greaſe) poure yo

ſugar

ſugar paſte thereon. A quarte of creame, a quarterne of almonds, 2. ounces of Iſinglaſſe, and 4. or 6. ounces of ſugar, is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your birdes, Rabbets, &c. in the compounde waxe mentioned in my *Iewellhouſe*, in the title of the *Art of moulding & caſting. page* 60. For ſo your moulds will laſt long. You may dredge ouer your foule with crums of bread, cinamon and ſugar boiled together, and ſo they will ſeeme as if they were roſted and breaded, Leach and gellie maie bee caſt in this manner. This paſte you may alſo driue with a fine rowling pin, as ſmooth and as thin as you pleaſe; it laſteth not long, and therefore it muſt be eaten within a fewe daies after the making thereof. By this meanes a banquet may bee preſented in the forme of a ſupper, being a very rare and ſtrange deuiſe.

11. *To candie Marigolds, Roses, Borage or Rosemary flowers.*

BOile Sugar, and Rosewater a little vpon a chafingdish with coales, then put the flowers (being throughlie dried, either by the sunne, or on the fire) into the sugar, & boile them a little, then strewe the powder of double refined sugar vpon them, and turne them, & let them boile a little longer, taking the dish from the fire, then strewe more powdred sugar on the cõtrary side of the flowers. These will drie of themselues in two or three houres in a hote sunnie daie, though they lie not in the sunne.

12. *To make an excellent Marchpane paste to print off in molds for banqueting dishes.*

TAke to euery Iordan almond blanched, three spoonfulls of the

the whiteſt refined ſugar you can get, ſearce your ſugar, and now and then as you ſee cauſe put in 2. or three drops of damaske Roſe-water, beate the ſame in a ſmooth ſtone mortar, with great labour, vntill you haue brought it into a drie ſtiffe paſte, one quarterne of ſugar is ſufficient to worke at once.

Make your paſte into little bals, euerie ball containing ſo much by eſtimation as will couer your mold or print, then roule the ſame with a rowling pinne, vppon a ſheete of cleane paper, without ſtrewing anie powdered ſugar either vppon your paſte or paper. There is a countrey Gentlewoman whome I could name, which venteth great ſtore of ſugar cakes made of this compoſition. But the onelie faulte which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds, and therefore you may proue the making thereof with ſuch almonds,

which haue had some part of their oyle taken from them by expression, before you incorporate them with the sugar, and so happelie you maye mixe a greater quintitie of them with the sugar, because they are not so oily as the other. You may mixe cinamon or ginger in your paste, and that will both grace the taste, and alter the colour; but the spice must passe through a faire searce: you maie steepe your almonds in colde water all night, and so blanch them colde, and beeing blanched, drie them in a siue ouer the fire. Here the garble of almonds will make a cheape paste.

13. *The making of sugar-plate, and casting them of in carued moldes.*

TAke one pounde of the whitest refined or double refined sugar, if you can get it, put thereto three ounces (so necessit-makers, put

put 6. ounces for more gaine) of the beſt ſtarch you can buy, and if you dry the ſugar after it is pou dred, it will the ſooner paſſe thorough your lawne ſearce: then ſearce it & lay the ſame on a heap in the midſt of a ſheet of clean paper: in the middle of which maſſe, put a prety lump of the bignes of a walnut of gum dragagant, firſt ſteeped in Roſewater one night; a porenger full of roſewater is ſufficient to diſſolue one ounce of gū (which muſt firſt bee well picked, leauing out the droſſe) remember to ſtraine the gum through a canuas, then hauing mixed ſom of the white of an egge with your ſtrained gum, temper it with the ſugar betwixt your fingers by little & little, till you haue wrought vp all the ſugar and the gumme together into a ſtiffe paſte, and in the tempering let there be alwaies ſome of the ſugar betweene your fingers and the gumme, then duſt your

your wodden moulds a little with ſome of that powdered ſugar thorough a peece of Lawne or fine linnen cloath: and hauing driuen out with your rowling pin a ſufficient portiō of your paſte to a cōuenient thicknes, couer your mold therwith, preſſing the ſame down into euerie hollow part of your mold with your fingers; and when it hath taken the whole impreſſion, knocke the mold on the edge againſt a table, and the paſte will iſſue forth with the impreſsion of the molde vpon it: or if the mold be deepe cut, you may put in the point of your knife gently into the deepeſt parts heere and there, lifting vp by little and little the paſte out of the molde. And if in the making of this paſte, you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, thē more gum: you muſt alſo worke this paſte into your molds, as ſpeedily as you can,

can, after it is once made, and before it harden, and if it grow ſo hard that it cracke, mixe more gum therwith: cut away with your knife from the edges of your paſte all thoſe peeces which haue no part of the worke vpon them, and worke thē vp with the paſte which remaineth; and if you will make ſawcers, diſhes, boawls, &c. then (hauing firſt driuen your paſte vpon paper, firſt duſted ouer with ſugar to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſaucer, diſh or boawle of a good faſhion, and with your finger preſſe it gently downe to the inſides therof, till it reſemble the ſhape of the diſh. then pare away the edges with a knife, euen with the skirt of your diſh, or ſawcer, and ſet it againſt the fire till it bee dry on the inſide, thē with a knife get it out as they vſe to doe a diſh of butter, and drie the backſide; then gilde it on the edges with

the

the white of an egge laide rounde about the brim of the dish with a pensill, and presse the gold downe with some cotton, & when it is drie skew or brush off the golde with the soote of an Hare or Conie. And if you woulde haue your paste exceeding smooth, as to make cardes and such like conceiptes thereof, then roule your paste vpon a sliked paper with a smooth and polished rowling pin.

14. *A way to make sugar-plate both of colour and taste of any flower.*

TAke Violets and beat them in a mortar with a little hard sugar, then put into it a sufficient quantitie of Rosewater, then laie your gum in steepe in the water, and so worke it into paste, and so will your paste bee both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Bugloss, or any other flower.

15. To

15. *To make paste of Nenie.*

TAke a quarter of a pounde of Valentian almonds, otherwise called the small almondes or Barbarie almonds, and beate them in a mortar till they come to paste, then take stale manchet beeing grated, and dry it before the fire in a dish, then sift it, then beat it with your almonds, put in the beating of it a little cinamon, ginger and the iuice of a Lemmon, and when it is beaten to perfit paste print it with your moldes, and so dry it in an ouen after you haue drawne out your bread: this paste will last all the yeare.

16. *To make Iumbolds.*

TAke halfe a pounde of almonds beeing beaten to paste with a short cake being grated, and 2. egs, 2. ounces of cartoway seeds, being beaten

beaten, and the iuice of a Lemmon: and being brought into paſte, roule it into round ſtrings, then caſt it into knots, and ſo bake it in an ouen, and when they are baked, yce them with Roſewater and ſugar, and the white of an egge beeing beaten together, then take a feather and gild them, then put them again into the ouen, and let them ſtand in, a little while, & they will bee yced cleane ouer with a white yce, and ſo boxe them vp, and you maie keepe them all the yeere.

17. *To make a paſte to keepe you moiſt, if you liſt not to drink oft, which Ladies vſe to carrie with them when they ride abroade.*

TAKE halfe a pounde of damaske prunes and a quarter of dates, ſtone them both, and beate them in a mortar with one warden beeing roſted, or elſe a ſlice of olde marme-

marmelade and so printe it in your moldes, and drie it after you haue drawne bread, put ginger vnto it, and you may serue it in at a banquet.

28. *To make a Marchpane.*

TAke two pounds of Almondes beeing blaunched and dryed in a sieue ouer the fire, beate them in a stone mortar, and when they be smal mix with the two pound of sugar being finelie beaten, adding two or three spoonfulls of Rosewater, and that wil keep your almonds from oiling: when your paste is beaten fine, driue it thin with a rowling pin, and so lay it on a bottome of wafers, then raise vp a little edge on the side, and so bake it, then yce it with Rosewater and Sugar, then put it into the ouen againe, and when you see your yce is risen vp and drie, then take it out of the Ouen and garnish it with

with prettie conceipts, as birds and beaſtes beeing caſt out of ſtanding moldes. Sticke long comfits vpright in it, caſt biskets and carowaies in it, and ſo ſerue it; gild it before you ſerue it: you maie alſo print off this Marchpane paſte in your moldes for banquetting diſhes. And of this paſte our comfit-makers at this day make their letters, knots, Armes, eſcocheons, beaſts, birds, and other fancies.

19. *To make biſket bread, otherwiſe called French biſket.*

TAke halfe a peeke of fine flower, two ounces of Coriander ſeedes, one ounce of annis ſeedes, the whites of foure egges, halfe a pinte of Ale yeaſt, and as much water as will make it vppe into ſtiffe paſte, your water muſt be but blood warme, then bake it in a long roll as big as your thigh, let it ſtay in the ouen but one houre, and when it

it is a day olde, pare it and ſlice it ouerthwart, then ſugar it ouer with fine poudred ſugar, and ſo drie it in an ouen again: and being dry, take it out & ſugar it againe, then boxe it, & ſo you may keepe it all the yeare.

20. *To make prince biſket.*

TAke one pounde of verie fine flower, and one pound of fine ſugar, & eight egs, and two ſpoonefulls of Roſewater, and one ounce of carroway ſeedes, and beat it all to batter one whole houre, for the more you beat it, the better your bread is, then bake it in coffis of white plate, beeing baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make another kinde of biſket called biſkettello.*

TAke halfe an ounce of gumme Dragagant, diſſolued in Roſe-

water

Rosewater with the iuice of a Lemmon and two graines of muske, then strain it through a faire linnen cloth with the white of an egge, then take halfe a pound of fine Sugar beeing beaten, and one ounce of carroway seedes, beeing also beaten and searced, and then beate them altogether in a mortar till they come to paste, then roll them vp in small loaues about the bignesse of a smal egge, put vnder the bottome of euerie one, a peece of a wafer, and so bake them in an ouen vpon a sheet of paper, cut them on the sides as you doe a manchet, and prick them in the middest: when you breake them vp, they will be hollow and full of eies.

22. *To make Ginger bread.*

TAKE three stale Manchets and grate them, drie them, and sift them through a fine siue, then adde

addevnto them one ounce of ginger beeing beaten, and as much Cinamon, one ounce of liquorice and aniſeedes being beaten together and ſearced, halfe a pound of ſugar, then boile all theſe together in a poſnet, with a quart of claret wine till they come to a ſtiffe paſte with often ſtirring of it; and when it is ſtiffe, mold it on a table and ſo driue it thin, and print it in your moldes: duſt your moldes with Cinamon, Ginger, and liquorice, beeing mixed together in fine powder. This is your Ginger bread vſed at the Court, and in all gentlemens houſes at feſtiual times. It is otherwiſe called drie Leach.

23. *To make drie Gingerbread.*

TAKE halfe a pound of Almonds & as much grated cake, and a pounde of fine Sugar, and the yolks of two new laid egges, the iuice

iuice of a Lemmon, and 2. graines of muske, beate all theſe together till they come to a paſte, then print it with your moldes, and ſo drie it vppon papers in an ouen after your bread is drawne.

24. *To make puffe paſte.*

TAke a quart of the fineſt flower and the whites of three egges, and the yolks of two, & a little colde water, and ſo make it into perfect paſte, then driue it with a rouling pin abroade, then put on ſmall peeces of butter as big as Nuts vpon it, then folde it ouer, then driue it abroade againe, then put ſmall peeces of butter vpon it as you did before: doe this tenne times, alwayes folding the paſte and putting butter between euery folde. You may conuaie anie prettie forced diſh, as Florentine, Cherry-tarte, rice, or pippins, &c. betweene two ſheets of that paſte.

25. To

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet, then take the yolkes of 2. or three egs, and a pinte of creame, and make paſte, put into it two ounces of ſugar being finely beaten, and ſo you ſhal make your paſte ſhort without butter or ſewet. In like ſort when you make ſugar cakes bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of veale, and two calues feete (your calues feete being flayed & ſcalded) & boile them in faire ſpring water, and when they are boyled readie to eate, you may ſaue your fleſh and not boyle it to peeces, for if you doe ſo, the gellie will looke thicke. then take a quart of the cleereſt of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper, 6. whole cloues, one nutmeg quartered, one graine of muske, put all theſe whole ſpices in a little bag, & boile them in your gellie, ſeaſon it with foure ounces of ſugar candie, and three ſpoonefulls of Roſewater, ſo let it run through your gelly bag: and if you meane to haue it looke of an amber colour, bruiſe your ſpices, and let them boile in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweete Almonds, & beate them in a morter, then ſtrain them with a pint of ſweet milke from the cow, then put vnto it one graine of muske, two ſpoonfulls of Roſewater, two ounces of fine ſugar, the waight of three whole ſhillings of Iſinglaſſe that is very white,

and

and ſo boile them, then let all runne through a ſtrainer, then maie you ſlice the ſame and ſo ſerue it.

28. *To make Quidini of Quinces.*

TAKE the kernells out of eight great Quinces, and boile them in a quart of ſpring water, till it come to a pinte, then put into it a quarter of a pinte of Roſewater, and one pound of fine Sugar, and ſo let it boile till you ſee it come to bee of a deepe colour: then take a drop, and drop it on the bottome of a ſawcer, and if it ſtand take it off, then let it run through a gelly bagge into a baſon, then ſet it on your baſon vpon a chafingdiſh of coles to keep it warm, then take a ſpoone, and fill your boxes as full as you pleaſe, and when they bee colde couer them: and if you pleaſe to printe it in moldes, you muſt haue moldes made to the bigneſs of your boxe, and wet your

moldes with Rosewater, and so let it runne into your mold, and when it is colde turne it off into your boxes. If you wette your moldes with water, your gelly will fall out of them.

29. *To make gelly of Strawberries, Mulberries, Raspisberries, or any such tender fruit.*

TAke your berries and grind them in an Alablaster mortar with four ounces of sugar and a quarter of a pinte of faire water, & as much Rosewater, and so boile it in a posnet with a little peece of Isinglas, and so let it run through a fine cloath into your boxes, and so you may keep it all the yeare.

30. *To make paste of Gema of Quinces.*

TAke Quinces and pare them, and cut them in slices, and bake them

them in an ouen drie in an earthen pot without anie other iuice then their owne, then take one pounde thereof, ſtraine it, and put it into a ſtone mortar with halfe a pound of ſugar, and when you haue beaten it vp to paſte, print it in your moldes and dry it three or foure times in an Ouen after you haue drawne bread, and when it is throughly drie and hardened, you may box it, and it wil keepe all the yeere.

31. *To make marmelade of Quinces or Damſons.*

WHen you haue boyled your Quinces or Damſons ſufficientlie, ſtraine them, then drie the pulpe in a pan on the fire, and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mixe two pound of ſugar with 3. pound of pulp, this marmelade will be white marmelade: and if you will haue it looke with

with an high colour, put your ſugar and your pulpe together, ſo ſoone as your pulpe is drawne, and let them both boile together, and ſo it will looke of the colour of ordinarie marmelade, like vnto a ſtewed warden: but if you dry your pulpe firſt, it will look white and take leſſe Sugar: you ſhall knowe when it is thicke enough, by putting a little into a ſawcer, letting it coole before you boxe it.

32. *To make ſucket of Lettuce ſtalkes.*

TAke Lettuce ſtalkes, and pill away the outſide, then perboile them in faire water, and let them ſtand all night drie, then take halfe a pinte of the ſame liquour, and a quarter of a pinte of Roſewater, and ſo boyle it to ſirrup, and when your ſirrup is betwixt hot and cold, put in your aforeſaid rootes, and let them ſtand all night in your ſirrup to make them take ſugar, and then

then the next daie your ſirrup will be weake againe, then boile it againe, and take out your rootes. In the like ſort may you keepe Orenge pilles, or greene wallnuts, or anie thing that hath the bitterneſſe firſt taken from it by boiling in water.

33. *To candie Nutmegs or Ginger, with an hard rocke candie.*

TAke one pound of fine Sugar, and eight ſpoonefulls of Roſe-water, and the waight of 6. pence of Gum Arabique, that is cleere, boyle them together to ſuch an height, as that dropping ſome ther-of out of a ſpoone, the ſirrup doe rope and runne into the ſmalneſs of an haire, then put it into an ear-then pipken, wherein place your Nutmegs, Ginger or ſuch like, then ſtop it cloſe with a ſawcer, and lute it well with claie, that no ayre may enter, then keepe it in a hote place three weekes, and it will candie

hard. You muſt break your pot with an hammer, for otherwiſe you cannot get out your candie. You maie alſo candy Orenges, or Lemmons in like like ſort if you pleaſe.

34. *To preſerue Orenges after the Portugall faſhion.*

TAke Orenges and coare them on the ſide & lay them in water, then boyle them in faire water till they be tender, ſhift them in the boiling to take away their bitterneſſe, then take ſugar and boile it to the height of ſirup as much as will couer them, and ſo put your Orenges into it, and that will make them take ſugar. If you haue 24. Orenges, beate 8. of them till they come to paſte, with a pound of fine Sugar, then fill euery one of the other Orenges with the ſame, and ſo boile them againe in your ſirup: then there wil be marmelade of Orenges within your Orenges, and it will cut like an hard egge.

35. To

35. *To candie Orenge pilles.*

TAKE your Orenge pilles after they be preſerued, then take fine ſugar and Roſewater, and boile it to the height of *Manus Chriſti*, then drawe through your Sugar, then lay them on the bottome of a ſiue, and drie them in an ouen after you haue drawne bread, and they will be candied.

36. *To preſerue Cowcumbers all the yeere.*

TAke a gallon of faire water, and a pottle of veriuice, and a pinte of bay ſalt, and a handfull of greene fennell or Dill: boile it a little, and when it is colde put it into a barrell, and then put your Cowcumbers into that pickle, & you ſhal keep them all the yeere.

37. *To preſerue broome capers all the yeare.*

BOyle a quart of Veriuice and an handfull of bay ſalt, and therein you may keep them all the yeare.

38. *To colour ſugar plate with ſeuerall colours.*

YOu may mixe Roſet with your fine ſearced ſugar vntill the colour pleaſe you, and ſo ſhall you haue a faire murrie coulour. Sapgreene muſt bee tempred in a little Roſewater, hauing ſome gumme firſt diſſolued therein, and ſo laie it on with a penſill vpon your paſte in apt places. With Saffron you maie make a yellow colour in the like manner, firſt drying and powdering your Saffron, and after it hath coloured the Roſewater ſufficientlie, by ſtraining it through fine linnen. The powder of Cinamon,

mon maketh a walnut colour, and Ginger and Cinamon together a lighter colour.

39. *To make troſſes for the ſea.*

FIrſt make paſte of ſugar and gum dragagant mixed together, then mix therewith a reaſonable quantity of the pouder of Cinamon and Ginger, and if you pleaſe a little muske alſo, and make it vp into roules of ſeuerall faſhions, gilding them heere and there. In the ſame manner you may alſo conuey any purgatiue, vomit, or other medicine into ſugar paſte.

40. *To make paſte of Violets, Roſes, Marigolds, Cowſlips, or Licorice.*

SHred, or rather powder the drie leaues of your flower, putting therevnto ſome fine powder of Ginger, Cinamon, and a little muske if you pleaſe, mixe them all

confuſedly together, then diſſolue ſome ſugar in Roſewater, and being boiled a little, put ſome ſaffron therein, if you worke vpon Marigolds, or elſe you may leaue out your ſaffron, boile it on the fire vnto a ſufficient height, you muſt alſo mixe therewith the pappe of a roaſted apple being firſt well dried in a diſhe ouer a chafingdiſh of coales, then poure it vppon a trencher, beeing firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome ſugar candie ſmall, but not to powder, and with gumme Dragagant, faſten it heere and there to make it ſeeme as if it were roche candied, cut the paſte into peeces of what faſhion you liſt with a knife firſt wet in Roſewater. In licorice paſte you muſt leaue out the pap of the pippin, and then worke your paſte into drie rolles. Remember to ſearce the licorice through a fine ſearce. Theſe rolles

are

are very good against any cough or colde.

41. *To make marmelade of Lemmons or Orenges.*

TAke ten Lemmons or Orenges and boyle them with halfe a dozen pippins, and so drawe them through a strainer, then take so much sugar as the pulp dooth weigh, and boile it as you doe Marmelade of Quinces, and then boxe it vp.

42. *How to candie Nutmegs, Ginger, Mace, and flowers, in halfe a daie, with hard or Roche candie.*

LAy your Nutmegs in steepe in common Lee made with ordinarie ashes 24. houres; take them out and boile them in faire water till they be tender, and so take out the Lee: then drie them and make a sirup of double refined sugar and a little Rosewater to the height of

of a *manus Chriſti*, place this ſirrup in a gentle Balneo, or ſome ſmall heate, putting your Nutmegs into the ſirrup. Note that you muſt skim the Sugar as it caſteth anie skumme, before yout put in your Nutmegs, then hauing ſugar candie firſt bruiſed groſſely, and ſearced through colanders of ſeuerall bigneſs, take the ſmalleſt thereof, and roule your Nutmegs vp and downe therein, either in a diſh or vpon cleane paper, then ſtoue your Nutmegges in a cupboard with a chafingdiſh of coales, which muſt bee made hote of purpoſe before you ſet them in: and when they are drie enough, dip them againe in freſh ſirrup boyled to his height as before; and roule them in the groſſer ſugar candie, and then ſtoue them againe till they bee hard, and ſo the third time if you will increaſe their candie. Note that you muſt ſpend all the Sugar which you diſſolue at one time with candying

dying of one thing or other therein preſently: the ſtronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lie in ſteep in the Lee, 10. or 12. daies, and after in the ſirrup of ſugar in a ſtoue or Cupboarde with a chafingdiſh and coales one whole weeke, and then you maie candie them ſuddenlie, as before. Flowers and fruits are done preſentlie without anie ſuch ſteeping or ſtouing as before: onelie they muſt be put into the ſtoue after they are coated with your poudered ſugar candie: and thoſe flowers of fruits as they are ſuddainlie done, ſo they will not laſt aboue two or three daies faire, and therefore onely to be prepared for ſome ſet banquet.

34. *Caſting of ſugar in partie moldes of wood.*

LAy your moldes in faire water three or foure houres before you

you cast, then dry vp your inward moisture with a cloth of linnen, then boyle Rosewater and refined sugar together, but not to anie great stiffenesse, then poure it into your moldes, let your moldes stand one houre, and then gentlie part or open the moldes, and take out that which you haue cast: you maie also worke the paste *antè numero*, 12. 13 into these moldes, first printing or pressing gentlie a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mold together, two or three times, and after take away the creast that will arise in the middest: and to make the sides to cleaue together, you may touch them first ouer with Gum Dragagant dissolued, before you presse the sides of the mold together: note that you maie conuey comfits within, before you close the sides. You maie cast of

anie

any of theſe mixtures or paſtes in alablaſter molds, molded from the life.

44. *To molde of a Lemmon, Orenge, Peare, Nut, &c. and after to caſt it hollowe within, of ſugar.*

FIll a woodden platter halfe full of ſande, then preſſe downe a Lemmon, Peare, &c. therein to the iuſt halfe thereof, then temper ſome burnt Alablaſter with faire water in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boule, and caſt this pap into your ſande, and from thence clap it vppon the Lemmon, Peare, &c. preſſing the pap cloſe vnto it. Then after a while take out this halfe parte with the Lemmon in it, and pare it euen in the inſides as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. little holes in the halfe (*viz.* in the edges thereof) laying it downe in the ſande againe, and ſo caſt

caſt another halfe vnto it, then cut off a peece of the top of both your partie moldes, and caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape till you haue cauſe to vſe them: and before you caſt, laie them alwaies in water, and drie vp the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſewater; vſe your Sugar in this manner: Boile refined or rather double refined Sugar and Roſewater to his full height, viz. till by powring ſome out of a ſpoone, it will runne at the laſt as fine as a haire; then taking off the cappe of your molde, poure the ſame therein, filling vp the molde aboue the hole, and preſentlie clap on the cap, and preſſe it downe vppon the Sugar, then ſwing it vppe and downe in your hande, turning it rounde, and bringing the neather parte ſome-

times

times to bee the vpper part in the turning, and *è conuerſo*. This is the manner of vſing an Orenge, Lemmon, or other round molde: but if it be long as a pigs foot will be, being molded, then roule it, and turne it vp and downe long wayes in the ayre.

45. *How to keepe the drie pulpe of Cherries, Prunes, Damſons, &c. all the yeare.*

TAke of thoſe kinde of Cherries which are ſharp in taſte (*Quære* if the common blacke and redde Cherrie will not alſo ſerue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or ſome veriuice of ſoure grapes, or iuyce of Lemmons mixed therewith, to giue a ſufficient tartneſſe) pull of their ſtalks and boile them by themſelues without the addition of anie liquour in a caldron or pipkin, and when they begin once

once to boile in their owne iuyce, ſtir them hard at the bottome with a ſpattle, leſt they burne to the pans bottom. They haue boyled ſufficiently, when they haue caſt off all their skinnes, and that the pulp and ſubſtance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole, then diuide the ſtones and skinnes, by paſſing the pulpe onely through the bottome of a ſtrainer reuerſed as they vſe in *caſſia fiſtula*, then take this pulpe and ſpread it thin vppon glazed ſtones or diſhes, and ſo ſet it drie in the ſunne, or elſe in an ouen preſently after you haue drawn your bread, then looſe it from the ſtone or diſh, and keep it to prouoke the appetite, and to coole the ſtomacke in feuers, and all other hote diſeaſes. Prooue the ſame in all manner of fruit. If you feare aduſtion in this worke, you may finiſh it in hote balneo.

46. *How to dry all manner of plums or Cherries in the ſunne.*

IF it bee a ſmall fruit, you muſt dry them whole, laying them abroade in the hote ſunne, in ſtone or pewter diſhes, or iron or braſſe pannes, turning them as you ſhall ſee cauſe. But if the plum be of anie largenes, ſlit each plum on the one ſide from the top to the bottome, and then lay them abroad in the ſunne, but if they be of the biggeſt ſort, then giue either plum a ſlit on each ſide: and if the ſunne do not ſhine ſufficiently during the practiſe, then dry them in an ouen that is temperately warme.

47. *How to keepe Apples, Peares, Quinces, wardens, &c. all the yeare dry.*

PAre them, take out the coares, and ſlice them in thinne ſlices, lay-

laying them to drie in the Sunne in ſome ſtone or metalline diſhes, or vpon a high frame couered with courſe canuas, now and then turning them, and ſo they will keepe all the yeere.

48. *To make greene Ginger vpon ſirrup.*

TAke Ginger one pound, pare it cleane, ſteepe it in red wine and vinegar equally mixed, let it ſtand ſo 12. daies in a cloſe veſſell, and euery day once or twice ſtir it vp & downe, then take of wine one gallon, and of vinegar a pottle, ſeeth al together to the conſumptiō of a moity or halfe, then take a pottle of cleane clarified honey or more, and put thereunto, and let them boyle well together, then take halfe an ounce of Saffron finely beaten, and put it thereto with ſome ſugar if you pleaſe.

49. *To make ſucket of greene Walnuts.*

TAke Walnuts when they are no bigger then the largeſt hafill nut, pare away the vppermoſt greene, but not too deepe, then ſeeth them in a pottle of water till the water be ſodden away, then take ſo much more of freſh water, and when it is ſodden to the halfe, put thereto a quart of vinegar & a pottle of clarified hony.

50. *To make conſerue of prunes or Damſons.*

TAke ripe Damſons, put them into ſcalding water, let them ſtand a while, then boile them ouer the fire till they breake, then ſtraine out the water through a colander, and let them ſtand therein to coole, then ſtraine the damſons through the colander, taking away

away the ſtones and skinnes, then ſet the pulpe ouer the fire againe, and put thereto a good quantitie of red wine, and boile them well to a ſtiffeneſſe, euer ſtirring them vp and downe, and when they bee almoſt ſufficientlie boyled, put in a conuenient proportion of ſugar: ſtir all well together, and after put it in your gallie pots.

51. *To make conſerue of ſtrawberies.*

FIrſt ſeeth them in water, and then caſt away the water, and ſtraine them, then boile them in white wine, and worke as before in Damſons, or elſe ſtraine them being ripe, then boyle them in wine & ſugar till they be ſtiffe.

52. *Conſerue of Prunes or Damſons made another way.*

TAke a pottle of Damſons, pricke them and put them into a pot, put-

putting thereto a pinte of Roſewater or wine, and couer your pot, let them boile well, then incorporate them by ſtirring, and when they be tender let them coole, and ſtraine them with the liquor alſo, then take the pulpe and ſet it ouer the fire, and put thereto a ſufficient quantitie of Sugar, & boile them to their height or conſiſtencie, and put it vp in gally pots, or iarre glaſſes.

53. *How to candy Ginger, Nutmegs, or any Root or flowers.*

TAke a quarter of a pounde of the beſt refined ſugar, or ſugar candie which you can get, powder it, put thereto two ſpoonfulls of Roſewater, dippe therein your Nutmegs, Ginger, Rootes, &c. being firſt ſodden in faire water till they bee ſoft and tender, the oftner you dip them in your ſirup, the thicker the candie will bee, but

but it will be the longer in candying: your ſirup muſt be of ſuch ſtiffenes, as that a drop thereof being let fall vpon a pewter diſh, maie congeale and harden being colde. You muſt make your ſirrup in a chafingdiſh of coales, keeping a gentle fire: after your ſirrup is once at his full height, then put them vpon papers preſently into a ſtoue or in diſhes, continue fire ſome ten ortwelue daies, till you finde the candie hard and gliſtering like diamonds; you muſt dippe the red roſe, the gillowflower, the marigold, the borrage flower, and all other flowers but once.

24 *The arte of comfetmaking, teaching how to couer all kinds of ſeedes, fruits or ſpices with ſugar.*

Fliſt of all you muſt haue a deepe bottomed baſon of fine cleane braſſe or latton, with two eares of Iron to hang it with two ſeuerall cordes

cordes ouer a baſon or earthen pan with hote coales.

You muſt alſo haue a broad pan to put aſhes in, and hot coales vpon them.

You muſt haue a cleane latton baſon to melt your ſugar in, or a faire brazen skillet.

You muſt haue a fine braſen ladle, to let run the Sugar vpon the ſeedes.

You muſt alſo haue a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if neede require.

Hauing all theſe neceſſarie veſſels and inſtruments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt Sugar, and then you neede not to clarifie it, but beate it onelie into fine powder that it may diſſolue the ſooner.

But firſt make all your ſeedes very cleane, & dry them in your hanging baſon.

Take for euery two pounde of ſugar, a quarter of a pounde of annis ſeeds, or coriander ſeedes, and your comfits will be great enough: and if you will make them greater, take halfe a pound more of ſugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis ſeeds, with two pound of ſugar will make fine ſmall comfits.

You maie alſo take a quarter and a halfe of annis ſeedes, and three pounde of ſugar, or halfe a pound of annis ſeedes and foure pounde of ſugar. Doe the like in Coriander ſeedes.

Melt your ſugar in this manner, viz. Put three pounds of your powder ſugar into the baſon, and one pinte of cleane running water thereunto, ſtirre it well with a braſen ſlice, vntill all be moiſt and well wet, then ſet it ouer the fire, without ſmoke or flame, and melt it well, that there bee no whole

griſtie ſugar in the bottome, and let it ſeeth mildelie, vntill it will ſtreame from the ladle like Turpentine, with a long ſtreame and not drop, then it is come to his decoction, lette it ſeeth no more, but keepe it vpon hote imbers that it may run from the ladle vpon the ſeeds.

To make them ſpeedily. Let your water bee ſeething hote, or ſeething, & put powder of Sugar vnto them, caſt on your Sugar boiling hote: haue a good warme fire vnder the hanging baſon.

Take as much water to your ſugar, as will diſſolue the ſame.

Neuer skim your ſugar if it bee cleane and fine.

Put no kinde of ſtarch or Amylum to your ſugar.

Seeth not your Sugar too long, for that will make it black, yellow, or tawnie.

Mooue the ſeedes in the hanging baſon as faſt as you can or maie,

when the sugar is in casting.

At the first coate put on but one halfe spoonefull with the ladle, and all to moue the bason, moue, stirre and rubbe the seedes with thy left hand a prettie while, for they will take sugar the better, and drie them well after euery coate.

Doe this at euerie coate, not only in mouing the bason, but also with the stirring of the comfits with the left hand and drying the same thus dooing you shall make great speede in the making: as, in euerie three houres you maie make three pound of comfits.

And as the comfits doe increase in greatnes, so you maie take more Sugar in your ladle to cast on. But for plaine comfits let your Sugar be of a light decoction last, and of a higher decoction first, and not too hote.

For crispe and ragged comfits, make your sugar of a high decoction, euen as high as it may runne from

from the ladle, and let fall a foot high or more from the ladle, and the hoter you caſt in your ſugar, the more ragged will your comfets bee. Alſo the comfets will not take ſo much of the ſugar as they will vppon a light decoction, and they will keepe their raggednesſe long. This high decoction muſt ſerue for eight or tenne coats in the ende of the worke, and put on at euery time but one ſpoonfull, & haue a light hand with your baſon, caſting on but little ſugar.

A quarter of a pound of Coriander ſeeds, and three pounds of ſugar will make great, huge, and big comfets.

See that you keepe your Sugar alwaies in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar bee at anie time too high boiled, put in a ſpoonfull or two of water, and keepe it warilie with the ladle, and let your fire alwayes bee without

ſmoke or flame.

Some commende a ladle that hath a hole in it to let the ſugar run through of a height: but you may make your comfits in their perfect forme and ſhape onelie with a plaine ladle.

When your comfits bee made, ſet your diſhes with your comfits vppon papers in them before the heate of the fire or in the hot ſunne, or in an Ouen after the bread is drawne, by the ſpace of an houre or two, and this will make them verie white.

Take a quarter of a pounde of Annis ſeedes, and two pounde of Sugar, and this proportion will make them verie great, and euen a like quantitie take of Carrowaie ſeede, Fennell ſeede, and Coriander ſeede.

Take of the fineſt Cinamon, and cut it into prettie ſmall ſticks beeing drye, and beware you wette it not, for that deadeth the

the cinamon, and then worke as in other comfits. Do this with Orenge rindes likewise.

Worke vpon ginger, cloues, and Almonds, as vpon other seeds.

The smaller that Annis seed comfits be, the fairer, the harder, and so in all other.

Take the powder of fine Cinamon two drammes, of fine muske dissolued in a little water one scruple, mingle these all together in the hanging bason, and cast them vpon Sugar of a good decoction, then with thy left hand moue it to and fro, and drie it well, doe this often, vntill they bee as great as poppie seedes, and giue in the ende three or foure coates of a light decoction, that they maie bee round and plaine, and with an high decoction you maye make them crispe.

You must haue a coorse searce made for the purpose with hayre or with parchment full of holes to

part and diuide the comfets, into ſeuerall ſorts.

To make paſte for comfets. Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, fine ginger powder one dramme, ſaffron powdred, a little; white ſugar two ounces, and a fewe ſpoonfulls of borrage water, ſeeth the water and the ſugar together, and put to the Saffron, then firſt mingle the crummes of bread, and the ſpices well together, drie them, put the liquor ſcalding hote, vpon the ſtuffe, and beeing hote labour it with thy hand, and make balles or other formes thereof, dry them and couer them as comfets.

Coriander ſeedes two ounces, ſugar one pound and a halfe, maketh very faire comfets.

Annis ſeedes three ounces, Sugar halfe a pound, or annis ſeedes two ounces, & ſugar 6. ounces, will make faire comfits.

Eucrie dram of fine Cinamon, will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce will take at the leaſt a pound of ſugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the ſugar a little Amylum diſſolued for fiue or ſix of the laſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or ſtarch to the comfits which you would haue criſpe, it will make them flat & ſmooth.

In any other confection of paſted Sugar mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make thy worke clammie.

To make red comfets, ſeeth three

or foure ounces of brasell with a little water, take of this red water 4. spoonfulls, of sugar one ounce, and boile it to his decoction, then giue 6. coates and it will bee of a good colour, or else you maie turn so much water with one dramme of turnesole, doing as before.

To make greene comfits, seeth sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfets, alwaies when the water dooth seeth, then put in your Sugar powder, and let it seeth a little vntill it be cleane dissolued and boiled to his perfect decoction, & that the whitenes of the colour be cleane gone: and if you let it settle, you shall see the sugar somewhat cleare.

For biskets take two spoonfulls of liquor, of Sugar searced in a course searce one dram, and of sugar powder to be molt and cast one ounce. This done will make the

biskets

biskets ſomewhat faire, and ſomewhat greater then poppie ſeeds.

Aliter. Take ſugar powder foure drams, ſugar to caſt foure ounces with liquor ſufficient, laie gold or ſiluer on your comfits.

Euerie dramme of ſugar powder will take an ounce of ſugar to bee caſt: 8. drams make one ounce. To thus much powder for biskets take halfe a pound of ſugar to caſt thereon.

Coriander ſeedes a quarter of a pound, ſugar 3. pound, Coriander ſeedes halfe a pound, ſugar 3. drams will make faire comfits.

For biskets, Annis ſeedes halfe a pound, Fennell ſeedes a quarter of a pound, and ſugar two pound ſufficeth.

In ſixe or eight of the laſt coats put in two ſpoonfulls of ſugar verie hote to make them criſpe.

To one pound of ſugar take 9. ounces of water.

55. *To make a cullis as white as ſnowe, and in the nature of gelly.*

TAke a cocke, ſcalde, waſh and drawe him cleane, ſeeth it in white wine or rhenish wine, skum it cleane, clarifie the broth after it is ſtrained, then take a pinte of thicke & ſweet creame, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take powdred ginger, fine white ſugar and Roſewater, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. *To make wafers.*

TAke a pinte of flower, put into it a little creame with two yolkes of egges and a little Roſewater, with a little ſearced Cinamon and Sugar, worke them all together & bake the paſte vpon hote Irons.

57. To

57. *To make Almond butter.*

BLanch your almonds, and beat them as fine as you can with faire water, two or three houres, then ſtraine them through a linnen cloth, boile them with Roſewater, whole mace and annis ſeedes till the ſubſtance bee thicke: ſpread it vpon a faire cloth, dreining the whey from it, after let it hang in the ſame cloth ſome fewe houres, then ſtraine it and ſeaſon it with Roſewater and ſugar.

58. *A white gelly of Almonds.*

TAke Roſewater, gumme Dragagant diſſolued, or Iſinglaſſe diſſolued, and ſome Cinamon groſſelie beaten, ſeeth them all together, then take a pounde of almonds, blanch and beate them fine with a little faire water, drie them in a faire cloth; and put your

your water aforeſaide into the Almonds, ſeeth them togeather and ſtir them continually, then take them from the fire, when all is boyled to a ſufficient height.

59. To make Leach.

SEeth a pinte of Creame, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it vntill it bee verie thicke, then take a handfull of blanched Almonds, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60. Sweet Cakes without either ſpice or ſugar.

STripe or waſhe your Parſneps cleane, ſlice them thinne, drie them vppon Canuas or networke frames, beat them to powder mixing one third thereof with two thirds

thirds of fine wheate flower, make vp your paſte into coates, and you ſhall finde them very ſweete and delicate.

61. *Roſes and Gilliflowers kept long.*

COuer a Roſe that is freſh, and in the bud, and gathered in a faire daie after the dewe is aſcended, with the whites of egges well beaten, and preſently ſtrewe thereon the fine powder of ſearced Sugar, and put them vp in luted pots, ſetting the pots in a coole place in ſand or grauell. With a fillip at any time you may ſhake off this incloſure.

62. *Grapes growing all the yeare.*

PVT a Vine ſtalke through a Basket of earth in December, which is likelie to beare Grapes, that

that yeare, and when the grapes are ripe, cut off the ſtalke vnder the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time vpon the vine.

63. *How to drie Roſe leaues, or any other ſingle flower without wrinkling.*

IF you would performe the ſame well in roſe leaues, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe haue the ſmootheſt leaues of all other) which you muſt eſpecially cull and chooſe from the reſt. Then take right Callis ſand, waſh it in ſome change of waters, and drie it throughly well, either in an ouen, or in the ſunne; and hauing ſhallow ſquare or long boxes of 4. 5. or 6. inches deepe, make firſt an euen lay of ſand in the bottome, vpon the which

which lay your Roſeleaues one by one (ſo as none of them touch other) till you haue couered all the ſand, then ſtrowe ſand vpon thoſe leaues till you haue thinly couered them all, & then make another laie of leaues as before, and ſo laie vponlaie, &c. Set this box in ſome warme place in a hote ſunnie daie, (and commonlie in two hote ſunnie dayes they will bee through drie) then take them out carefullie with your hand without breaking. Keepe theſe leaues in Lime glaſſes, bound about with paper, neere a chimney, or ſtoue, for feare of relenting. I finde the red Roſe leafe beſt to be kept in this manner; alſo take away the ſtalkes of panſies, ſtocke gilliflowers, or other ſingle flowers, pricke them one by one in ſande, preſſing downe their leaues ſmooth with more ſande laid euenlie vpon them. And thus you maie haue Roſe leaues, and other flowers to laie about your ba-

basons, windowes, &c. all the winter long. Also this secret is verie requisite for a good simplifier, because hee maie drie the leafe of any hearbe in this manner, and laie it being drie in his Herball with the simple which it representeth, whereby he maie easily learne to knowe the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

CLusters of grapes hanging vpon lines within a close presse will last till Easter. If they shrinke you maie plumpe them vppe with a little warme water before you eat them. Some vse to dip the endes of the stalkes first in pitch: some cut a branch of the Vine with cuerie cluster, placing an apple at each ende of the branch; now and then renewinge those Apples as they rot, and after hanging them within a presse or cupboard, which

would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt bee forced now & then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65. *How to keepe Walnuts a long time plumpe and freſh.*

MAKE a laie of the drie ſtampings of crabbs when the verjuice is preſſed from them, couer that lay with Walnuts, & vpon them make another lay of ſtampings, and ſo one lay vppon another till your veſſell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit vpon the kernels of drie Walnuts.*

GAther not your Walnuts before they be full ripe, keep them without

out anie Art vntill Newyeeres tide, then breake the ſhelles carefully, ſo as you deface not the kernells (and therefore you muſt take choiſe of ſuch nuts as haue thin ſhells) whatſoeuer you finde to come away eaſilie, remoue it: ſteepe theſe kernells in conduit water, forty eight houres, then will they ſwell and growe verie plumpe and faire, and you may pill them eaſilie, and preſent them to anie friend you haue for a Newyeares gift: but beeing pilled, they muſt be eaten within two or three houres, or elſe they loſe their whiteneſs and beautie, but vnpilled they will laſt two or three dayes faire and freſh. This of a kind Gentlewoman, whoſe skil I do highly commend, & whoſe caſe I doe greatly pitie; ſuch are the hard fortunes of the beſt wits and natures in our daies.

67. How to keepe Quinces in a moſt excellent manner.

Make

MAKE choise of such as are sound, & gathered in a faire, drie and sunnie daie, place them in a vessell of wood, containing a firkin or thereabout, then couer them with pennie ale, and so let them rest: and if the liquor carrie anie bad scum, after a daie or two take it off: euerie 10. or 12. dayes let out your penny ale at a hole in the bottome of your vessell, stop the hole and fill it vp againe with fresh pennie ale, you maie haue as much for two pence at a time as will serue for this purpose: these Quinces being baked at Whitsontide did taste more daintilie then anie of those which are kept in our vsuall decoctions or pickels.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Marchant, for your Tauernes doe hardlie affoord anie) you may keepe your Quinces in them verie faire and fresh all the yeere, and therein maie you

you alſo keepe your barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranates as are ſound & not prickt as the tearme it, lap them ouer thinly with wax, hang them vpon nailes, where they maie touch nothing, in ſome cupboard or cloſet in your bedchamber, where you keep a continuall fire, and euery 3. or 4. dayes turne the vnderſides vppermoſt: and therefore you muſt ſo hang them in packthred, that they may haue a bowe knot at either ende. This way Pomgranates haue beene freſh till Whitſontide.

69. *Preſeruing of Artichocks.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple; and of all the reſt of the ſtalkes make a ſtrong decoc-

tion

tion, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction: when you ſpend them, you muſt laie them firſt in warme water, and then in colde, to take away the bitterneſs of them. This of M. *Parſons*, that honeſt and painefull practicer in his profeſſion.

In a milde & warme winter about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtalkes in their full length as they grewe, and making firſt a good thicke laye of Artichoke leaues in the bottome of a great and large veſſell, I placed my Artichokes one vppon another as cloſe as I coulde couch them, coueringe them ouer of a prettie thickneſſe with Artichoke leaues: theſe Artichokes were ſerued in at my table all the Lent after, the apples being red and ſound, onelie the tops of the leaues a little vaded, which

I did cut away.

70. Fruit preſerued in pitch.

DWayberries that doe ſomewhat reſemble blacke cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almoſt cold, & before it congeale and harden again, and ſo hung vp by their ſtalkes, will laſt a whole yeare. *Probatum per* M. *Parſons*, the Apothecarie. Prooue what other fruites will alſo be preſerued in this manner.

71. To make Cloue or Cinamon Sugar.

LAy peeces of ſugar in cloſe boxes amongſt ſticks of Cinamon, cloues, &c. and in a ſhort time it will purchaſe both the taſte and ſent of the ſpice. *Probat.* in cloues.

72. *Haſell Nuts kept long.*

A Man of great yeares and experience aſſured me, that Nuts may be kept a long time with ful kernels, by burying them in earthen pottes well ſtopt a foote or two in the ground: they keep beſt in grauellie or ſandy places. But theſe nuts I am ſure will yeeld no oile as other nuts will, that waxe drie in the ſhels with long keeping.

73. *Cheſnuts kept all the yeare.*

After the bread is drawn, diſperſe your Nuts thinly ouer the bottome of the Ouen, & by this meanes the moiſture beeing dryed vp, the Nuts will laſt all the yeare: if at any time you perceiue them to relent, put them into your Ouen againe as before.

Secrets in Diſtillation.

1. *How to make true ſpirit of wine.*

TAke the fineſt paper you can get, or elſe ſome Virgin parchment, ſtraine it very right & ſtiffe ouer the glaſſe bodie, wherein you put your ſack, malmſie or muskadine, oile the paper or virgin parchment with a penſill moiſtned in the oyle of Ben, and diſtil it in the Balneo with a gentle fire, and by this meanes you ſhall purchaſe onely the true ſpirit of wine. You ſhall not haue aboue two or three ounces at the moſt out of a gallon of wine, which aſcendeth in the forme of a cloude, without any dewe or veines in the helme: lute all

all the ioints well in this distillation. This spirit will vanish in the ayre, if the glasse stand open.

2. *How to make the ordinary spirit of wine, that is solde for fiue shillings, & a noble, a pinte.*

PVt sacke, malmesie, or muskadine into a glasse body, leauing one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire, draw no longer then till all or most part will burne away, which you may proue now and then, by letting a spoonefull thereof on fire with a paper as it droppeth from the nose or pipe of the helme: and if your spirit thus drawn haue any phlegme therin, the rectifie or rediftil that spirit againe in a lesser body or in a bolt receiuer in sted of another body, luting a small head on the top of the steele

thereof, and so you shall haue a verie strong spirit: or else for more expedition, distill fiue or sixe gallons of wine by Lymbecke; and that spirit, which ascendeth afterward, redistill in glasse as before.

3 *Spirits of spices.*

DIstill with a gentle heat either in Balneo, or ashes, the strong and sweete water, wherewith you haue drawen oyle of cloues, mace, nutmegs, Iuniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the saide aromaticall bodies.

4. *Spirit of wine tasting of what vegetable you please.*

MAcerate Rosemarie, Sage, sweete Fennell seeds, Marierom, Lemmon or Orenge pils, &c. in

in spirit of wine a daie or two, and then distill it ouer againe, vnles you had rather haue it in his proper colour: for so you shal haue it vpon the first infusion without anie further distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. How to make the water which is vsually called Balme-water.

TO euerie gallon of Claret wine put one pound of greene balme. Keepe that which commeth first and is cleerest, by it selfe: and the second and whiter sort which is weakest and commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasse pot. Draw this in Maie or Iune when the hearb is in his prime.

6. Rosa-solis.

TAKE of the hearbe Rosa-Solis, gathered in Iulie one gallon,

pick out all the black moats from the leaues, Dates halfe a pounde, Cinamon, Ginger, Cloues, of each one ounce, graines halfe an ounce, fine sugar a pound and a halfe, red Rose leaues, greene or dryed foure handfulls, steepe all these in a gallon of good Aqua Composita in a glasse close stopped with waxe, during twentie dayes, shake it well together once euery two dayes, Your sugar must bee powdred, your spices brused onelie, or grosselie beaten, your Dates cut in long slices the stones taken awaie. If you adde two or three graines of Amber greece, and as much muske in your glasse amongst the rest of the Ingredients, it will haue a pleasant smell. Some adde the gum amber with corall and pearle finelie powdred, and fine leafe golde. Some vse to boyle Ferdinando bucke in Rosewater, till they haue purchased a faire deepe crimson colour, and when the same is cold, they

they colour their Rosa-solis and Aqua Rubea therewith.

7. Aqua Rubea.

TAke of muske sixe graines, of Cinamon and Ginger of each one ounce, white sugar candie one pound, powder the sugar, and bruse the spices grossely, binde them vp in a cleane linnen cloth, & put them to infuse in a gallon of Aqua composita in a glasse close stopped twenty foure houres, shaking them together diuers times, then put thereto of turnesole one dram, suffer it to stand one houre, and then shake all together: then if the colour like you after it is settled, poure the cleerest forth into another glasse: but if you will haue it deeper coloured, suffer it to worke longer vpon the turnesole.

8. D. Steeuens *Aqua composita.*

TAke a gallon of Gascoign wine, of Ginger, Galingale, Cinamon, Nutmegs and graines, Annis seedes, Fennell seeds, and Carroway seedes, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomill, Lauender, of each a handfull: bray the spices small, and bruise the herbs, letting them macerate 12. houres, stirring it now and then, then distill by a limbecke of pewter, keeping the first cleare water that commeth, by it selfe, and so likewise the second. You shall draw much about a pinte of the better sort from euerie gallon of wine.

9. *Vsque-bath, or Irish Aqua vita.*

TO euery gallon of good Aqua Composita, put two ounces of chosen

choſen liquorice bruiſed, and cut into ſmall peeces, but firſt cleanſed from all his filth, and two ounces of Annis ſeedes that are cleane and bruiſed: let them macerate fiue or ſixe dayes in a wodden veſſell, ſtopping the ſame cloſe, and then draw off as much as will runne cleere, diſſoluing in that cleere Aqua vitæ fiue or ſixe ſpoonefulls of the beſt Malaſſoes you can get: Spaniſh Cute, if you can get it, is thought better then Malaſſoes: then put this into another veſſell; and after three or foure dayes (the more the better) when the liquor hath fined it ſelfe, you maie vſe the ſame: ſome adde Dates and Raiſins of the Sun to this receipt; thoſe grounds which remaine you maie rediſtill and make more Aqua compoſita of them, and of that Aqua compoſita you maie make more Vſque-bath.

10. Cinamon water.

HAuing a Copper bodie or braſſe pot that will holde 12. gallons, you maie well make 2. or 3. gallons of Cinamon water at once. Put into your bodie ouernight 6. gallons of conduit water, and two gallons of ſpirit of wine, or to ſaue charge two gallons of ſpirit drawne from wine Lees, Ale, or lowe wine, fixe pounde of the beſt and largeſt Cinamon you can get, or elſe eight pound of the ſecond ſort well bruſed, but not beaten into powder: lute your Lymbeck, and begin with a good fire of wood and coals, till the veſſell begin to diſtill, then moderate your fire, ſo as your pipe may drop apace, and runne trickling into the receiuer, but not blow at anie time: it helpeth much heerein to keep the water in the bucket, not too hot, by often change thereof: it muſt

neuer

neuer bee so hote but that you maie well indure your finger therein. Then diuide into quart glasses the spirite which first ascendeth, and wherein you finde eyther no taste or verie small taste of the Cinamon, then maie you boldlie after the spirit once beginneth to come strong of the cinamon, drawe vntill you haue gotten at the least a gallon in the receiuer, and then diuide often by halfe pintes and quarters of pintes, least you drawe too long: which you shall knowe by the fainte taste and milkie colour which distilleth in the ende: this you must now and then taste in a spoone. Now, when you haue drawen so much as you finde good, you maie adde thereunto so much of your spirit that came before your Cinamon water, as the same will well beare: which you must finde by your taste. But if your spirit and your Cinamon be both good, you may of the afore-

aforesaid proportion will make vppe two gallons, or two gallons and a quart of good Cinamon water. Heere note that it is not amisse to obserue which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those haue more taste of the Cinamon then that which came first, and therefore more fit to bee mixed with your Cinamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the half of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cinamon water the second time. This way I haue often proued and found most excellent: take heede that your Limbecke bee cleane and haue no manner of sent in it, but of wine or Cinamon, and so likewise of the glasses, funnelles and pots which you

you shall vse about this worke.

11. *How to distill Isop, Thyme, Lauender, Rosemarie, &c. after a new and excellent manner.*

HAuing a large pot containing 12. or 14. gallons with a Limbecke to it, or else a copper bodie with a serpentine of 20. or 24. gallons, and a copper head, beeing such a vessell as is commonlie vsed in the drawing of Aqua vitæ, fill two partes thereof with faire water, and one other third parte with such hearbes as you woulde distill, the hearbes beeing eyther moyst or drie it skilleth not greatlie whether, let the hearbes macerate all night, and in the morning begin your fire, then distill as before in Cinamon water, beeing carefull to giue chaunge of waters to your colour alwayes as it needeth: drawe no longer then you feele a stronge and sensible taste of the

the hearb which you diſtill, alwayes diuiding the ſtronger from the weaker, and by this meanes you ſhall purchaſe a water farre excelling anie that is drawen by a common pewter ſtill: you maie alſo gather the oyle of each hearb; which you ſhall finde fleeting on the top or ſummity of your water. This courſe agreeth beſt with ſuch hearbs as are not in taſte, and will yeeld their oile by diſtillation.

12 *How to make the ſalt of hearbs.*

BVrne whole bundles of dryed Roſemary, Sage, Iſop, &c; in a cleane ouen, and when you haue gathered good ſtore of the aſhes of the hearb, infuſe warme water vpon them, making a ſtrong and ſharpe Lee of thoſe aſhes, then euaporate that Lee, and the reſidence or ſetling which you finde in the bottom thereof, is the ſalt which you ſeeke for. Some vſe to filter this Lee diuers

diuers times before euaporation, that their salt maie be the clearer and more transparent. This salt according to the nature of the hearb hath great effects in physicke.

13. *Spirit of hony.*

PVt one part of honey to 5. parts of water: when the water boyleth, dissolue your honey therein, skimme it, and hauing sodden an houre or two, put it into a wodden vessell, and when it is but bloud-warme, set it on worke with yeast after the vsuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it will yeeld his spirit by distillation; as wine, beere and Ale will doe.

14. *To distill Rosewater at Michaelmas and to haue a good yeeld as at anie other time of the yeare.*

In

IN the pulling of your Roſes, firſt diuide all the blaſted leaues, then take the other freſh leaues, and laie them abroad vppon your table or windowes with ſome cleane linnen vnder them, let them lie 3. or foure houres, or if they bee dewy vntill the dewe bee fullie vaniſhed: put theſe Roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldfiners call their hookers, and ſerue to receiue their Aqua fortis, bee the beſt of all others that I knowe) and when they are well filled, ſtop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keepe a long time good, and you maie diſtill them at your beſt leaſure. This waie you maie diſtill Roſewater good cheape, if you buy ſtore of Roſes, when you finde a glutte of them in the market, where-

whereby they are sold for 7. pence or 8. pence the bushell, you then engrosse the flower. And some holde opinion, that if in the midst of these leaues you put some broken leauen, and after fill vppe the pot with Rose leaues to the toppe, that so in your distillation of them you shall haue a perfect Rose vinegar without the addition of any common vinegar. I haue knowen Rose leaues kept well in Rondlets, that haue beene first well seasoned with some hote liquor & Roseleaues boiled together, and the same pitched ouer on the outside, so as no ayre might penetrate or pearce the vessell.

15. *A speedy Distillation of Rosewater.*

STampe the leaues, and first distill the iuice beeing expressed, and after distill the leaues, and so you shall dispatch more with one Still, then others do with three or foure

foure stils. And this water is euerie waie as medicinable as the other, seruing in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine vinegar or good Aligar, that may bee both cleare and sharpe.*

I Knowe it is an vsuall manner among the Nouices of our time to put a quart or two of good vinegar into an ordinarie leaden still, and so to distill it as they doe all other waters. But this waie I do vtterlie dislike, both for that heere is no separation made at all, and also because I feare that the Vinegar doth carry an ill touch with it, either from the leaden bottome or pewter head or both. And therefore I could wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same beeing placed in sand or ashes.

shes. Note that the best part of the vinegar is the middle part that ariseth, for the first is faint and phlegmatick, & the last will taste of adustion, because it groweth heauie toward the latter end, and must be vrged vp with a great fire, and therefore you must now and then taste of that which commeth both in the beginning and towards the latter end, that you may receiue the best by it selfe.

17. *How to draw the true spirit of Roses, and so of all other hearbs and flowers.*

MAcerate the Rose in his owne iuice, adding thereunto being temperatelie warme, a conuenient proportion eyther of yeast or ferment, leaue them a few daies in fermentation, till they haue gotten a strong and heady smel, beginning to incline toward vinegar, then distill them in Balneo in glasse bodies luted to their helmes (happely a limbecke

becke will do better and rid faster) and drawe so long as you finde any sent of the Rose to come, then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You maie also ferment the iuice of Roses only, and after distill the same.

18. *An excellent Rosewater.*

VPon the top of your glasse bodie, straine a haire cloth, and vpon that lay good store of Roseleaues, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes, you maie reiterate the same water vppon fresh leaues. This may also bee done in a leaden Still, ouer which by reason of the breadth you maie place more leaues.

19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantitie of the iuice therof, set it on the fire, and giue it onely a walme or two, then it wil grow cleere: before it be cooled, poure away the cleered, filter with a peece of cotten and then enaporate your filtred iuice, till it come to a thicke substance, and thus you shal haue a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent & taste of the flower; where as the common waie is to make the extracte either by the spirit of wine, faire water, the water of the plant, or some kinde of menstruum.

20. *To make a water smelling of the Eglantine, Gilloflowers, &c.*

DRie the hearbe or flower, and distill the same in faire water in

in a limbecke, draw no longer then you finde sent in the water that issueth, reiterate that water vpon fresh hearbes, & distill as before, diuiding the sweetest from the rest.

21. *A Scottish handwater.*

PVT Thyme, Lauender & Rosemarie confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the said hearbs, and then a lay of Lees, and so forward, lute the pot well, bury it in the ground for 6. weekes, distill it, and it is called Dames water in Scotland. A little thereof put into a bason of common water maketh very sweete washing water.

22. *How to draw the blood of hearbes.*

STampe the hearbe, put the same into a large Glasse, leauing two parts emptie (some commend the iuice

iuice of the hearbe only) nip or elſe lute the glaſſe very well, digeſt it in balneo, 15. or 16. daies, and you ſhall finde the ſame very red, diuide the watriſh part, & that which remaineth is the bloud or eſſence of the hearbe.

23. *Roſewater and yet the Roſeleaues not diſcoloured.*

YOu muſt diſtill in balneo, and when the bottome of your pewter Still is through hot, put in a fewe leaues at once and diſtill them: watch your Still carefully, and aſſoone as thoſe are diſtilled put in more. I know not whether your profit will requite your labour, yet accept of it as a new concluſion.

24. *How to recouer Roſewater, or any other diſtilled water that hath gotten a mother, and is in danger to be muſty.*

Infuſe

INfuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or foure houres with a gentle fire, rediſtill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnleſſe your Lymbecke ſtand in balneo.

25. *To draw both good Roſewater, and oyle of Roſes together.*

AFter you haue digeſted your Roſe leaues by the ſpace of 3. moneths, *ſicut ante, num* 13. either in barrels or hookers, then diſtill them with faire water in a Limbeck, draw ſo long as you can find any excellent ſmell of the Roſe, then diuide the fattie oyle that fleeteth on the top of the Roſewater, and ſo you haue both excellent oyle of Roſes, and alſo good Roſewater together, and you ſhall alſo haue more water then by the ordinarie way,

waie, and this Rosewater extendeth farther in physicall compositions, and the other serueth best for perfumes and casting bottles. You maie also distill the oyle of *Lignum Rhodium* this waie, sauing that you shall not neede to macerate the same aboue 24. houres in your water or menstruum before you distill: this oyle hath a most pleasing smell in a manner equall with the oyle of Roses.

COOKERIE AND Huſwiferie.

1. *To Sonſe a yong Pig.*

TAke a yong Pig being ſcalded, boile it in faire water & white wine, put thereto ſome Bayleaues, ſome whole Ginger, and ſom Nutmegs quartered, a fewe whole Cloues, boile it throughly, and leaue it in the ſame broath in an earthen pot.

2. *Aliter.*

TAke a Pigge being ſcalded, collar him vppe like brawne, and lap your collars in faire cloathes: when the fleſh is boyled tender, take

take it out, and put it in colde water and ſalt, and that will make the skin white: make ſowſing drinke for it, with a quart of white wine, & a pottle of the ſame broth.

3. *To boyle a Flounder or Pickerell, of the French faſhion.*

TAke a pinte of white wine, the tops of yong Thyme & Roſemarie, a little whole mace, a little whole pepper, ſeaſoned with Veriuice, ſalt, and a peece of ſweete butter, and ſo ſerue it: this broth will ſerue to boile fiſh twiſe or thriſe in.

4. *To boile Sparrowes or Larkes.*

TAKE two ladles full of mutton broth, a little whole mace, put into it a peece of ſweete butter, a handfull of Parſly being picked, ſeaſon it with ſugar, veriuice, and a little pepper,

5. To boyle a Capon in white broth.

BOyle your Capon by it ſelfe in faire water, then take a ladlefull or two of mutton broth and a little white wine, a little whole mace, a bundle of ſweet hearbes, a little marrowe, thicken it with Almonds, ſeaſon it with ſugar, and a little verjuice, boyle a few Currans by themſelues, and a Date quartered, leaſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken or Rabbet? if you haue no Almonds, thicken it with creame, or with yolks of egges, garniſh your diſhes on the ſides with a Lemmon ſliced and ſugar.

6. To boyle a Mallard, Teale, or Wigen.

TAke mutton broth, and put it into a pipken, put into the bellie

bellie of the foule a few ſweet hearbs and a little mace, ſticke halfe a dozen of Cloues in his breaſt, thicken it with a toſte of bread ſteeped in verjuice, ſeaſon it with a little Pepper, and a little Sugar, alſo one Onion minced ſmall is very good in the broth of any water foule.

7. To boyle a legge of Mutton after the French faſhion.

TAke all the fleſh out of your leg of mutton, or at the but ende, preſeruing the skinne whole, and mince it ſmall with Oxe ſuet, and marrowe, then take grated breade, ſweete Creame, and yolkes of egges, and a fewe ſweete hearbes, put vnto it Currans, and Raiſins of the Sunne, ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton againe where you tooke it out, and ſtewe it in a pot with a

marrowe bone or two, ſerue in the marrowe bones with the ſtewed broath and fruite, and ſerue in your leg of mutton dry with caret rootes ſliced, and caſt groſſe pepper vppon the rootes.

8. *To boyle Pigs petitoes on the French faſhion.*

BOyle them & ſlice them, beeing firſt rolled in a little batter, your batter being made with the yolke of an egge, two ſpoonefulls of ſweete creame, and one ſpoonfull of flower, make ſawce for it with Nutmeg, vinegar and ſugar.

9. *To boile Pigeons with rice.*

BOyle them in mutton broath, putting ſweete hearbes in their bellies, then take a little Rice and boyle it in creame, with a little whole mace, ſeaſon it with ſugar, lay

lay it thicke on their breaſts, wringing alſo the iuyce of a Lemmon vpon them and ſo ſerue them.

10. *To boyle a chine of veale, or chicken in ſharpe broth with hearbes.*

TAke a little mutton broth, white wine and veriuice, and a little whole mace, then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, ſeaſoning it with veriuice, pepper and a little ſugar, and ſo ſerue it.

11. *To make Beaumanger.*

TAKE the brawne of a Capon, toaſe it like wooll, then boile it in ſweet Creame with the whites of two egges, and being well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alablaſter mortar with a woodden peſtell, then draw it thorough a thin ſtrainer

with the yolkes of two egges, and a little Roſewater, then ſet it on a chafingdiſh with coales, mixing foure ounces of ſugar, with it, and when it is colde diſh it vp like Almond butter, and ſo ſerue it.

12. *To make a Polonian ſawſedge.*

TAke the fillets of a hog, chop them verie ſmall with a handfull of red Sage, ſeaſon it hot with Ginger and Pepper, and then put it into a great ſheepes gut, then let it lie three nights in brine, then boyle it and hang it vp in a Chimney where fire is vſually kept, & theſe ſawſedges will laſt one whole yeare. They are good for ſallades, or to garniſh boyled meates, or to make one reliſh a cup of wine.

13. *To make tender and delicate brawne.*

PVt collars of brawne in kettles of water or other apt veſſells, into an ouen heated as you would for houſhold bread: couer the veſſells, and ſo leaue them as long in the ouen as you would doo a batch of bread. A late experience amongſt Gentlewomen farre excelling the olde manner of boyling brawne in great and huge kettles. *Quere*, if putting your liquor hote into the veſſells, and the brawne a little boyled firſt, if by this meanes you ſhall not giue great expedition to your work.

14. *Paſte made of fiſh.*

INcorporate the bodie of Salt-fiſh, Stockfiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of euery ſeuerall fiſh, & of that paſte molde off the ſhapes and formes of little fiſhes: as of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell vp Oyſters, ſo as they ſhall laſt for ſixe moneths ſweete and good, and in their naturall taſte.*

OPen your oiſters, take the liquor of them, and mixe a reaſonable proportion of the beſt white wine vinegar you can get, a little ſalt and ſome pepper, barrell the fiſh vppe in ſmall caske, couering all the Oyſters in this pickle, & they will laſt a long time: this is an excellent meanes to conuey Oyſters vnto drie townes, or to carry them in long voyages.

16. How

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte and delicacie.*

FIrſt ſeeth your Salmon according to the vſuall manner, then ſinke it in apt and cloſe veſſells in wine vinegar with a braunch of Roſemarie therein. By this meanes Vintners and Cookes maie make profit thereof when it is ſcarce in the markets, and Salmon thus prepared maie be profitablie brought out of Ireland and ſold in London or elſewhere.

17. *Fiſh keps long, and yet to eate ſhoote and delicately.*

FRie your fiſh in oyle, ſome commendrape oyle, & ſome the ſweeteſt Siuill oile that you can get, for the fiſh will not taſte at all of the oile

becauſe

becauſe it hath a watriſh bodie, and oyle and water make no true vnitie, then put your fiſh in white wine vinegar, and ſo you maie keepe it for the vſe of your Table any reaſonable time.

18. *How to keepe roaſted Beefe a long time ſweete and wholeſome.*

THis is alſo done in wine vinegar, your peeces beeing not ouer great, and well and cloſe buttchledvp: this ſecret was fullie proued in that honourable voyage vnto Calez.

19. *How to keepe powdered Beefe ſixe or ſix weekes after it is ſodden, without any charge.*

WHEN your Beefe hath beene well and thorowlie powdered by xenne or twelue daies ſpace, then ſeeth it throughlie, drie it

it with a cloth, and wrap it in dry clothes, placing the same in close vessels and cupboards, and it will keepe sweet and sound two or three monethes, as I am credibly informed from the experience of a kinde and loving friend.

Such a receipt of the Authors, how Beefe may be carried at the sea, without that strong and violent impression of salt which is usually purchased by long and extreame powdring.

HEere, with the good leave and favour of those curteous Gentlewomen, for whome I did principally, if not only, intend this little treatise, I will make bold to lanch a little from the shoare, and trie what maie bee done in the vaste and wide Ocean, and in long and dangerous voyages, for the better preseruation of such vsuall victuals, as for want of this skill doe

doe oftentimes meerelie perish, or else by the extreame pearcing of the salte, doe lose euen their nutritiue strength and vertue: and if anie future experience doe happen to controule my present conceipt, lette this excuse a scholler, *quod in magnis oft voluisse satis.* But now to our purpose, lette all the bloud bee first well gotten out of the Beefe, by leauing the same some nine or tenne dayes in our small brine, then barrell vp all the peeces in vessells full of holes, fastening them with ropes at the sterne of the ship; and so dragging them through the salte sea water (which by his infinite change and succession of water will suffer no putrefaction, as I suppose) you maie happelie find your Beefe both sweete and sauourie enough when you come to spend the same. And if this happen to fall out true vpon some tryall thereof had, then eyther at my next impression, or

when

when I ſhall bee vrged thereunto vppon anie neceſſitie of ſeruice, I hope to diſcouer the meanes alſo whereby euerie Shippe maie carrie ſufficient ſtore of victuall for her ſelfe in more cloſe and conuenient cariages then thoſe looſe veſſells are able to performe. But if I maie be allowed to carrie either roaſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein to preſerue for ſixe whole monethes together, either Beefe, Mutton, Capons, Rabbets, &c. both in a cheape manner, and as freſh as wee doe now vſuallie eate them at our Tables. And this I hold to be a moſt ſingular and neceſſarie ſecret for all our Engliſh Nauie; which at all times vpon reaſonable tearmes I will bee readie to diſcloſe for the good of my countrey.

21. *How to make sundry sorts of most dauntie butter, having a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a fewe drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making vp of your butter: for oyle and butter will incorporate and agree very kindelie and naturallie together. And how to make the saide oiles, with all necessarie vessells, instruments and other circumstances by a most plaine and familiar description; See my Iewell house of Arte and Nature vnder the Title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milk then is commonly vsed or knowne by any of our best Dairie women at this day.*

Hauing

HAuing brought your milke into curds by ordinary rennet, either breake them with your hands according to the vſuall manner of other Cheeſes, and after with a fleeting diſh, taking awaie as much of the whey as you can; or els put in the curds, without breaking, into your moate, let them ſo repoſe one houre, or two, or three, and then to a Cheeſe of two gallons of milke, adde a weight of tenne or twelue pound, which waight muſt reſt vpon a couer, that is fit with the moate or caſe; wherein it muſt truelie deſcend by degrees as you increaſe your waight, or as the curdes doe ſinke and ſettle. Let your curdes remaine ſo all that daie and night following vntill the next morning, and then turne your Cheeſe or curdes, and place your weight againe thereon, adding from time to time ſome more ſmall waight as you ſhall ſee cauſe. Note that you muſt laie

laie a cloath both vnder and ouer your curdes at the leaſt, if you will not wrap them all ouer as they doe in other cheeſes, changing your cloath at euerie turning. Alſo if you will worke in anie ordinarie moat, you muſt place a round and broad hoope vpon the moat, being iuſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a verie thinne cheeſe. Turne theſe cheeſes euerie morning and euening, or as often as you ſhall ſee cauſe, till the whey bee all runne out, and then proceed as in ordinarie Cheeſes. Note that theſe moates would bee full of holes, both in the ſides and bottome, that the whey may haue the ſpeedier paſſage. You maie alſo make them in ſquare boxes full of holes, or elſe you maie deuiſe moates or eaſes either round or ſquare of fine wicker, which hauing wicker couers, may by ſome ſleight bee ſo ſtayd, as that you ſhall

neede

neede onelie morning and euening to turne, the wrong ſide vpwarde, both the bottomes beeing made looſe and ſo cloſe, and fitting, as they maie ſinke truelie within the moate or molde, by reaſon of the waight that lyeth thereon. Note, that in other cheeſes, the couer of the moat ſhutteth ouer the moat: but in theſe the couers deſcend and fall within the moates. Alſo your ordinarie Cheeſes are more ſpoongious and full of eyes then theſe, by reaſon of the violent preſſing of them, whereas theſe Cheeſes ſetling gentlie and by degrees, doe cut as cloſe and as firme as marmalade. Alſo in thoſe Cheeſes which are preſſed out after the vſuall manner, the whey that commeth from them, if it ſtand a while, will carrie a Creame vppon it, whereby the Cheeſe muſt of neceſſitie bee much leſſe, and as I gheſſe by a fourth parte: whereas the whey that commeth from theſe new kind of

Chee-

Cheeſes is like faire water in color, and carryeth no ſtrength with it. Note alſo that if you put in your curdes vnbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the Cheeſes will yet bee ſo much the greater: but that is the more troubleſome way, becauſe the curdes beeing tender will hardly endure the turning, vnleſſe you bee verie carefull. I ſuppoſe that the Angelotes in Fraunce maie bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan; and if your whole Cheeſes conſiſt of vnſlatten milke, they will bee full of butter and eate moſt daintilie, beeing taken in their time, before they be too dry, for which purpoſe you may keepe them when they beginne to grow drie, vpon greene ruſhes or nettles. I haue robbed my wifes Dairie of this ſecret, who hath hitherto refuſed all recompences that haue beene offered

her

her by gentlewomen for the ſame: and had I loued a Cheeſe my ſelfe ſo well as I like the receipt, I thinke I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needes confeſſe, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue beene willing to publiſh this with ſome other ſecrets of worth, for the which I haue manie times refuſed good ſtore both of crownes and angels: and therefore let no Gentlewoman thinke this Booke too deare, at what price ſo euer it ſhall bee valued vppon the ſale thereof, neither can I eſteeme the worke to bee of leſſe then twenty yeeres gathering.

23. *Clouted creame.*

TAKE your milke beeing new milked; and preſentlie ſette it vppon the fire from morning vntill the

the euening, but let it not ſeeth: and this is called my Ladie Young's clowted creame.

24. *Fleſh kept ſweet in ſummer.*

YOu maie keepe veale, mutton, or veniſon in the heat of ſummer 9. or ten daies good, ſo as it be newlie and faire killed, by hanging the ſame in an high and windy roome. (And therefore a plate cupboard full of holes, ſo as the winde maie haue a through paſſage, would be placed in ſuch a roome, to auoide the offence of fly-blowes) This is an approued ſecret eaſie and cheape, and very neceſſary to bee knowne and practiſed in hote and tainting weather. Veale maie be kept ten daies in bran.

25. *Muſtard Meale.*

IT is vſuall in Venice to ſell the meale of Muſtarde in their markets

kets, as we doe flower and meale in England: this meale by the addition of vinegar in two or three daies becometh exceeding good mustard, but it would bee much stronger and finer, if the huskes or huls were first diuided by searce or bouter, which maie easily be done, if you drie your seedes against the fire before you grinde them. The Dutch iron hand-mils, or an ordinarie pepper mil may serue for this purpose. I thought it verie necessary to publish this manner of making of your sauce, because our mustard which we buy from the Chandlers at this day is manie times made vp with vile and filthy vinegar, such as our stomack would abhorre if we should see it before the mixing thereof with the seeds.

26. How to auoide smoke, in broiling of Bacon, Carbonado, &c.

MAke little dripping pannes of paper,

paper, paſting vp the corners with ſtarch or paſte, wet them a little in water (but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather firſt dipped in oyle or molten butter) lay them on your gridiron, and place therein your ſlices of bacon, turning them as you ſee cauſe. This is a cleanlie waye, and auoydeth all ſmoke. In the ſame manner you maye alſo broile thin ſlices of Polonian ſawſeges, or great Oyſters, for ſo were the Popes Oyſters dreſſed. You muſt be carefull that your fire vnder the gridiron flame not, leaſt you happen to burne your dripping pannes, and therefore all cole-brands are heere ſecluded.

27. *The true bottling of beere.*

WHen your Beere is 10. or 12 daies olde, whereby it is growne reaſonable cleare, then

then bottle it, making your corks very fit for the bottles, and ſtop them cloſe, but drinke not of this beere till they beginne to worke againe and mantle, and then you ſhall finde the ſame moſt excellent and ſprightly drinke: and this is the reaſon why bottle ale is both ſo windie and muddie, thundring & ſmoking vpon the opening of the bottle, becauſe it is commonlie bottled the ſame day that it is laid into the Cellar, whereby his yeaſt beeing an exceeding windie ſubſtance, being alſo drawne with the ale not yet fined, doth incorporate with the drinke, and maketh it alſo verie windie: and this is all the lime and gun-powder wherewith bottle ale hath beene a long time ſo wrongfully charged.

28. *How to helpe your bottles when they are muſty.*

SOme put them in an ouen when

the bread is newly drawne, cloſing vp the ouen, and ſo let them reſt till morning. Others content themſelues with ſcaulding them in hote liquor onely till they be ſweet.

29. *How to breake whites of Egges ſpeedily.*

A Figge or two ſhred in peeces, and then beaten amongſt the whites of egges, will bring them into an oyle ſpeedily: ſome breake them with a ſtubbed rod, and ſome by wringing them often through a ſponge.

30. *How to keepe flyes from oile peeces.*

A Line limed ouer and ſtrayned about the creſt of oyle peeces or pictures, will catch the flyes, that woulde otherwiſe deface the Pictures. But this Italian conceipte both for the rareneſſe and vſe

vſe thereof doth pleaſe mee aboue all other: *viz.* Pricke a Cowcumber full of barley corne with the ſmall ſpiring ends outward, make little holes in the Cowcumber firſt with a woodden or bone bodkin, and after put in the graine: theſe being thicke placed will in time couer all the Cowcumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould be. Such Cowcumbers are to bee hung vp in the middeſt of ſummer roomes to draw all the flies vnto them, which otherwiſe would flie vpon the pictures or hangings.

31. *To keepe Lobſters, Crabſhes, &c. ſweete and good for ſome fewe dayes.*

THeſe kinds of fiſh are noted to be of no durabilitie or laſting in warme weather: yet to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by this diſcouerie amongſt the fiſhmongers (who onely in reſpect of their ſpeedie decay doe now and then afford a penyworth in them) if you wrappe them in ſweete and courſe rags firſt moiſtened in brine, and then burie theſe cloathes in Callis ſand, that is alſo kept in ſome coole and moiſt place, I know by mine owne experience that you ſhall finde your labour well beſtowed, and the rather if you laye them in ſeuerall cloathes, ſo as one doe not touch the other.

32. *Diuers excellent kindes of bottle Ale.*

I Cannot remember that euer I did drinke the like ſage ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of ſage with a quart of Ale, the ſame beeing wel brued out of one pot into another,

ther : and this waie a whole Stand of ſage ale is verie ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right goſſips cup that ſhall farre exceede all the ale that euer mother *Bunch* made in her life time, then in the bottling vp of your beſt ale, tunne halfe a pinte of white Ipocras that is newly made, and after the beſt receipt, with a pottle of ale, ſtoppe your bottle cloſe, and drinke it when it is ſtale. Some commende the hanging of roaſted Orenges prickt full of Cloues in the veſſell of ale, till you finde the taſte thereof ſufficientlie graced to your owne liking.

33. *How to make wormewood wine verie ſpeedily and in great quantity.*

TAke ſmall Rochell or Coniake wine, put a fewe droppes of the

extracted oyle of wormewood therin, brew it together (as before is ſet downe in bottle ale) out of one potte into an other, and you ſhall haue a more neate and wholeſome wine for your body, then that which is ſolde at the Stillyard for right wormewood wine.

34. *Roſewater and Roſevinegar of the colour of the Roſe, & of the Cowſlep, and violet vinegar.*

IF you would make your Roſewater and Roſe vinegar of a Ruby colour, then make choiſe of the crimſon veluet coloured leaues, clipping awaye the whites with a paire of ſheeres, and being through dried, put a good large handfull of them into a pinte of Damaske or red Roſewater, ſtop your glaſſe well and ſet it in the ſun, till you ſee that the leaues haue loſt their colour. Or for more expedition you maie performe this worke in Balneo in

a fewe houres, and when you take out the olde leaues, you maie put in freſh till you finde the colour to pleaſe you. Keepe this Roſewater in glaſſes verie well ſtopt, the fuller the better. What I haue ſaide of Roſewater, the ſame maie alſo bee intended of Roſe vinegar, violet, marigolde, and cowſlep vinegar, but the whiter vinegar you chuſe for this purpoſe, the colour thereof will bee the brighter, and therefore diſtilled Vinegar is beſt for this purpoſe, ſo as the ſame bee warilie diſtilled with a true diuiſion of parts, according to the manner expreſſed in this booke in the diſtillation of vinegar.

35. *To keepe the iuice of Orenges and Lemmons all the yeare for ſauce, Iuleps and other purpoſes.*

EXpreſſe their iuyce, and paſſe it through an Ipocras bagge to clarifie it from his impurities,

then fill your glaſſe almoſt to the top, couer it cloſely, and let it ſtand ſo till it haue done boyling; then fill vp your glaſſe with good Sallet oyle, and ſet it in a coole cloſet or butterie where no ſunne commeth. The apteſt glaſſes for this purpoſe are ſtraight vpright ones, like to our long beere glaſſes, which would bee made with little round holes, within two inches of the bottome to receiue apt fawcets, and ſo the grounds or lees would ſettle to the bottome, and the oyle woulde ſinke downe with the iuice ſo cloſely that all putrefaction would bee auoyded: or in ſteede of holes if there were glaſſe pipes it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner preſerue many iuices of hearbes and flowers.

And becauſe that profite and skill vnited doe grace each other,

if

if (courteous Ladies) you will lend eares and followe my direction; I will heere furniſh a great number of you (I would I could furniſh you all) with the iuice of the beſt ciuill Orenges at an eaſie price: About Alhallontide or ſooneafter, you may buy the inward pulpe of ciuill Orenges wherein the iuice reſteth, of the comfetmakers for a ſmall matter, who doe onlie or principally reſpect their rindes to preſerue and make Orengeadoes withall, this iuice you may prepare and preſerue as before.

36. *How to purifie and giue an excellent ſmell and taſte vnto ſallet oyle.*

PVt Sallet Oyle in a Veſſell of wood or earth, hauing a hole in the bottome, to euery 4. quarts of water adde one quart of oyle, and with a woodden ſpoone or

ſpattle beate them well together for a quarter of an houre, then let out the water, preuenting the oyle from iſſuing, by ſtopping of the hole, repeate this worke two or three times, and at the laſt you ſhall finde your oyle well clenſed or clarified. In this manner you maie alſo clarifie capons greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholomæus Scapius* the maiſter Cooke of Pope *Pius Quintus* his priuie kitchen. I thinke if the laſt agitation were made in Roſewater, wherein alſo Cloues or Nutmegs had beene macerated, that ſo the oyle woulde bee yet more pleaſing.

Or if you ſet a iarre glaſſe in Balneo full of ſweet oyle, with ſome ſtore of bruiſed Cloues, and rindes of ciuill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloues and rindes remaine

remaine in the oyle till both the ſent and taſte doe pleaſe you: I thinke manie men which at this daie doe loath oile (as I my ſelfe did, not long ſince) would bee eaſily drawen to a ſufficient liking thereof.

37. *How to clariſie without any Diſtillation both white and claret wine vinegar, for gellies or ſauces.*

TO euerie ſixe pintes of good wine vinegar, put the whites of two new laide egges well beaten, then put all into a new leaden pipkin, and cauſe the ſame to boyle a little ouer a gentle fire, then let it runne through a courſe gellie bag twiſe or thrise, and it will bee very cleare, and keep good one whole yeare.

38. *To make a moſt delicate white ſalt for the table.*

FIrſt calcine or burne your white ſalt,

ſalt, then diſſolue it in cleere conduit water, let the water ſtand without ſtirring, fortie eight houres, then carefully draw awaie all the cleere water onelie, filter it, and after euaporate the filtered liquor, reſeruing the ſalt. Some leaue out calcination.

39. *A delicate Candle for a Ladies Table.*

CAuſe your Dutch Candles to bee dipped in Virgin waxe, ſo as their laſt coate maie bee meerely waxe, and by this meanes, you maye carrie them in your hand without melting, and the ſent of the tallow will not breake-through to giue offence: but if you would haue them to reſemble yellow waxe candles, then firſt let the tallow bee coloured with Turmericke boyled therein, and ſtrayned, and after your Candles haue beene dipped therein to a ſufficient great-

greatneſs, let them take their laſt coate from yellow vvax, this may bee done in a great round Cane of tinne plate, hauing a bottom, and beeing ſomewhat deeper then the length of your candles: and as the wax ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your Candles in the aire without candleſticke.*

THis will make a ſtrange ſhevv to the beholders that knovv not the conceit, it is done in this manner. Let a fine Virginall wier be conueied, in the midſt of euerie wike, and left of ſome length aboue the Candle to faſten the ſame to the poſtes in the roofe of your houſe, and if the roome bee any thing high roofed, it will bee hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wier.

41. *Roſe Vinegar made in a new manner.*

MACERATE or ſteep Roſe-leaues in faire water, let them be therein, till they waxe ſoure in ſmell, and then diſtill the water.

Sweet

SWEETE POWders, Oyntments, *Beauties, &c.*

1. *An excellent damask powder.*

TAke of yreos halfe a pound, Rose leaues 4. ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, muske and ciuet of each 10. graines, beat and incorporate them well together.

2. *An excellent hand water or washing water very cheape.*

TAKE a gallon of faire water, one handfull of Lauender flowers, a fewe cloues, and some orace powder,

powder, and foure ounces of Beniamin; distill the water in an ordinary leaden Still: you maie distill a second water by a new infusion of water vpon the feces, a little of this will sweeten a bason of faire water for your table.

3. *A ball to take out staines from linnen.*

TAke foure ounces of white hard Soape, beate it in a mortar with two small Lemmons sliced, and as much roche allome as an hasell Nut, roll it vp in a ball, rub the stain therewith, and after fetch it out with warme water if neede be.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum, of Beniamin and Storax one ounce, musk fixe graines, ciuet fixe

ſixe graines, Amber greece ſixe graines, of Calamus Aromaticus and Lignum Aloes, of each the waight of a groat: beat all theſe in a hote mortar, and with an hote peſtell till they come to paſte, then wet your hand with roſe water, and roll vp the paſte ſodainly.

5. *To take ſtaines out of ones hands preſently.*

THIS is done with the iuice of Sorrell, waſhing the ſtayned place therein.

6. *To take awaie ſpots and freckles from the face or hands.*

THe ſappe that iſſueth out of a Birch tree in great aboundance, being opened in March or Aprill, with a receiuer of glaſſe ſet vnder the boring thereof to receiue the ſame, doth performe the ſame

ſame moſt excellentlie and maketh the skin very cleare. This ſap will diſſolue pearle, a ſecret not knowen vnto many.

7. A white fucus or beauty for the face.

THe iawe bones of a Hogge or Sowe well burnt, beaten and ſearced through a fine ſearce, and after ground vpon a porphire or ſerpentine ſtone is an excellent fucus, being laide on with the oyle of white poppey.

8. A delicate waſhing ball.

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Roſe leaues, two ounces of lauander flowers, beate all theſe together in a mortar, ſearcing them through a fine ſearce, then

then scrape some castill sope, and dissolue it with some Rosewater, then incorporate all your powders therewith by labouring of them well in a mortar.

9. *Damaske powder.*

TAke fiue ounces of Orace, two ounces of Cipres, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of Roseleaues, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. *To keepe the teeth both white and sound.*

TAke a quart of hony, as much Vinegar, and halfe so much white wine, boyle them together and wash your teeth therewith now and then.

11. To

11. *To delay heate, and cleare the face.*

TAke three pintes of conduit water, boyle therein two ounces of French barlie, chaunge your water, and put in the barlie againe: repeat this so long, till your water purchase no colour from the Barley, but become verie cleare: boyle the last three pints to a quart, then mixe halfe a pint of white wine therein, and when it is cold, wring the iuice of two or three good Lemmons therein, and vse the same for the Morphew, heat of the face or hands, and to cleere the skinne.

12. *Skinne kept white and cleare.*

WAsh the face and body of a sucking childe with brest milk, or cowmilk, or mixed with

vvith water, euery night, and the childes skinne will wax faire and cleare, and resist sunburning.

13. *An excellent Pomatum to cleare the skinne.*

VVAsh Barrows grease oftē-times in *May*-dewe that hath bin clarified in the sun, till it bee exceeding vvhite, then take Marshmallovv rootes scraping off the outsides, then make thin slices of them and mixe them, set them to macerate in a seething Balneo, and scumme it well till it bee throughly clarified and will come to roap, then straine it, and put novv and then a spoonefull of May-devve therein, beating it till it be through cold in oftē change of May-dew, then throw away the devve, and put it in a glasse couering it vvith May-dewe, and so reserue it to your vse. Let the mal-

low-

lowe rootes bee two or three dayes dryed in the ſhade before you vſe them. This I had of a great profeſſour of Arte, and for a rare and daintie ſecret, as the beſt fucus this day in vſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle and in a woodden mortar with great labour foure ounces of ſublimate, and one ounce of crude Mercurie, at the leaſt ſixe or eight houres (you cannot beſtowe too much labour herein) then with often chaunge of colde water by ablution a in glaſſe, take away the ſalts from the ſublimate, chaunge your water twiſe euery day at the leaſt, and in ſeauen or eight dayes (the more the better) it will be dulcified, and then it is prepared. Lay it on with the oyle of white poppey.

15. *To take away chilblanes out of the hands or feet.*

BOyle halfe a pecke of Oates in a quart of water, till they waxe drie, then hauing first anointed your handes with some good Pomatum and well chafed them, hold them within the oates as hotte as you may well suffer them, couering the bowle wherein you put your hands with a double cloth to keepe in the steame of the oates. Do this three or foure times, and you shall finde the effect The same oates will serue to bee sodden with fresh water three or foure times.

16. *To helpe a face that is redde or pimpled.*

DIssolue common salte in the iuyce of Lemmons, and with a linnen

linnen cloth, pat the patients face that is full of heate or pimples. It cureth in a fewe dreſſings.

17. Aliter.

TAke of thoſe little whelkes or ſhels which ſome doe call giny money, waſh fiue or ſixe of them, & beate them to fine powder, and infuſe the iuice of Lemmons vpon them, & it will preſently boile: but if it offer to boile out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time bee like an ointment, with which you muſt anoint the heate or pimples of the face oftentimes in a daie til you find help. As the ointment dryeth, put more iuice of Lemmons to it. This of an outlandiſh Gentlewoman, and it is an aſſured remedie if the heate bee not verie extreme. Some haue found by experience

perience, that bathing of the face with hote vinegar euerie night when they go to bed doth mightilie repell the humour.

18. *Aliter.*

QVilt baie salt well dried & powdered, in double linnen sockes of a prettie bigneſſe, let the patient weare them in wide hoſe and ſhooes day and night, by the ſpace of fourteene dayes, or till hee be well: euerie morning & euening let him drie his ſockes by the fire and put them on againe. This helped M. *Foſter* an Eſſex man and an Atturney of the common pleas within theſe few yeares, but now deceaſed, whoſe face was for many yeeres together of an exceeding high and furious colour, of my owne knowledge, and had ſpent much money in Phyſicke without any ſucceſſe at all, vntill

he obtained this remedie. The patient muſt not take anie wet of his feete during the cure.

19. *Aliter & optimè.*

TAke halfe a pounde of white diſtilled vinegar, two new laide Egges with their ſhelles, two ſpoonfulls of the flowers of brimſtone, let theſe macerate in the vinegar by the ſpace of three dayes: then take out the Egges, and pricke them full of holes with a needle, but not too deepe, leaſt anie of the yolke ſhould happen alſo to iſſue, let that liquor alſo mixe with the vineger, then ſtraine all through a fine cloath, and tie vp the brimſtone in the cloth like a little ball, dip this ball in the ſtrained liquor, when you vſe it, and pat it on the place three or foure times euerie daie, and this will cure any red face in

in twelue or fourteene daies. Some doe alſo commende the ſame for an approoued remedie againſt the morphew; the brimſtone ball muſt bee kept in ſome cloſe thing from the ayre.

20. *How to take away any pimple from the face.*

Brimſtone ground with the oile of Turpentine, and applied to anie pimple one houre, maketh the fleſh to riſe ſpungeous: which being anointed with the thick oyle of butter that ariſeth in the morning from new milke ſodden a little ouer night, will heale and ſcale awaie in a fewe daies, leauing a faire skinne behinde. This is a good skinning ſalue.

21. *To help any Morphew, sunburning, itch, or red face.*

STeepe two sliced Lemmons being large and faire, in a pinte of Conduit water, leaue them foure or fiue dayes in infusion couering the water, then straine the water, and dissolue therein the quantity of a hatell nut of sublimate (some holde a dramme a good proportion to a pint of water) finelie powdered: let the patient wet a cloth therein, and rub the place where the griefe is, euerie morning and euening a little, till the hew doe please her: you maie make the same stronger or weaker according to good discretion.

22. *For the Morphew.*

TAKE a pinte of distilled Vinegar, laie therein two new laid egges

egges whole with their ſhelles, three yellow Docke rootes picked and ſliced, two ſpoonefulls of the flowers of brimſtone, and ſo let all reſt three daies, and then vſe this liquor with a cloth, rubbing the place three or foure times euerie day, and in three or foure daies it commonly helpeth: put ſome bran in your cloth before you moiſten your cloth therin, binding it vp in form of a little ball. This of Maiſter *Rich* of Lee, who helped himſelfe and a gallant Ladie therewith in a fewe dayes.

23. *To take awaie the freckles in the face.*

WASH your face in the wane of the moone with a ſponge, morninge and euening with the diſtilled water of Elder Leaues, letting the ſame drie into the skinne. Your water muſt be di-

ſtilled in *Maie*. This is of a Trauailer, who hath cured himſelfe thereby.

24. *To cure any extreame bruiſe vpon a ſore fall, on the face, or any other member of the body.*

PResentlie after the fall make a great fire, and applie hote cloathes one after another without intermiſſion, the patient ſtanding neere the fire for one houre and a halfe, or till the ſwelling bee cleane abated. This I knewe proued with good ſucceſſe in a maid that fell downe a paire of ſtaues, whereby all her face was extreamelie disfigured. Some holde opinion that the ſame maie bee performed with clothes wet in hote water and then wroong out againe before application. Then to take awaie the chaungeable colours, which doe accuſtomablie followe all bruiſes, ſhred the roote of a greene

greene or growing flower deluce, beate it with red rose water, and grinde it till it come to a salue, applie the same, and in fewe houres it taketh awaie all the colours: but if it lie too long it will raise pimples: and therefore so soone as the colours bee vanished, immediatelie remoouе the salue.

25 *How to keep the teeth cleane.*

CAlcine the tops and branches of Rosemarie into ashes, and to one part thereof, put one part of burnt allome, mixe them well together, and with thy finger first moistned a little with thy spettle, rubbe all thy teeth ouer a prettie while euerie morning till they bee cleane, but not to galling of thy gums, then sup vp some faire water or white wine, gargling the same vp and downe thy mouth a

while and then drie thy mouth with a towell. This of an honeſt Gentleman and a painefull gatherer of phyſicall receits.

26. *Sweete and delicate Dentifrices or Rubbers for the teeth.*

DIſſolue in foure ounces of warm water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke ſubſtance like gellie, mingle the ſame with the powder of Alablaſter finelie ground and ſearced: then make vp this ſubſtance into little rounde rolles, of the bigneſſe of a childes arrowe, and foure or fiue inches in length. Alſo if you temper Roſes or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you maie ſweeten either with Roſewater, Ciuet or muske. But if your teeth bee

be verie ſcalie, let ſome expert barbar firſt take off the ſcales with his inſtrument, & then you may keepe them cleane by rubbing them with the aforeſaide rolles. And heere, by thoſe miſerable experiences that I haue ſeene in ſome of my neereſt friendes, I am inforced to admoniſh all Gentlewomen to bee carefull how they ſuffer their teeth to be cleanſed and made white with anie *Aqua fortis*, which is the Barbars vſuall water: for vnleſſe the ſame bee both well delayed, and carefully applied, ſhee may happen within a few dreſſings to bee forced to borrow a ranke of teeth to eate her dinner, vnleſſe her gums doe helpe her the better.

27. *A delicate ſtoue to ſweat in.*

I Knowe that many Gentlewomen as well for the cleering of their

skins as cleanſing of their bodies, doe now and then delight to ſweat. For the which purpoſe I haue ſet downe this manner following, as the beſt that euer I obſerued. Put into a braſſe potte of ſome good content, ſuch proportion of ſweet hearbes, and of ſuch kinde as ſhall bee moſt appropriate for your infirmitie, with ſome reaſonable quantitie of water, cloſe the ſame with an apt couer, and well luted with ſome paſte made of flower and whites of Egges: at ſome parte of the couer you muſt let in a leaden pipe (the entraunce whereof muſt alſo bee well luted) this pipe muſt bee conueyed thorough the ſide of the Chimney, where the pot ſtandeth in a thicke hollow ſtake, of a bathing tubbe croſſed with hoopes according to the vſuall manner in the top, which you maie couer with a ſheete at your pleaſure. Nowe the ſteame of the potte paſſing thorough the

pipe

pipe vnder the falſe bottome of the bathing tub, which muſt bee boared full of bigge holes, will breath ſo ſweete and warme a vapour vpon your bodie, as that (receiuing aire by holding your head without the tub as you ſit therein) you ſhall ſweat moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmall charcoale fire maintained vnder the pot for this purpoſe. Note that the roome would be cloſe wherein you place your bathing tub, leaſt anie ſuddain cold ſhould happen to offend you whileſt your body is made open and porous to the aire.

28. *Diuers ſorts of ſweet hand waters made ſoddainly or extempore, with the extracted oyles of ſpices.*

FIrſt you ſhall vnderſtand that whenſoeuer you ſhall draw anie of

of the aforesaide oyles of Cinamon, Cloues, Mace, Nutmegs, or such like, that you shall haue also a pottle or a gallon more or lesse, according to the quantitie which you drawe at once, of excellent sweete washing water for your table: yea, some doe keepe the same for their broths, wherein otherwise they should vse some of the same kind of spice. But if you take three or foure drops onelie of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too costlie to spend this waie) and mingle the same with a pinte of faire water, making agitation of them a prettie while together in a glasse hauing a narrow mouth, till they haue in some measure incorporated themselues together, you shall finde a verie pleasing and delightfull water to wash with, and so you maie alwaies furnish your selfe of sweete water of seuerall kindes, before such time as your guests shall

be

bee readie to sit downe. I speake not here of the oyle of spike (which will extend verie farre this waie) both because euerie gentlewoman doth not like so strong a sent, and for that the same is elsewhere alreadie commended by another Author. Yet I must needs acknowledge it to bee the cheaper waie, for that I assure my selfe there may be fiue or six gallons of sweete water made with one ounce of the oyle, which you may buy ordinarilie for a groate at the most.

29. *An excellent sweet water for a casting bottle.*

TAKE three drams of oyle of Spike, one dramme of oyle of Thyme, one dram of oile of Lemmons, one dram of oile of Cloues, then take one graine of Ciuet, and three graines of the aforesaid composition well wrought together,

ther. Temper them well in a siluer spoone with your finger, then put the same into a siluer boul, washing it out by little & little into the boule with a little Rosewater at once, till all the oyle be washed out of the spoone into the boule, and then doe the like by washing the same out of the boule with a little rosewater at once, till all the sent bee gotten out, putting the Rosewater still in a glasse, whē you haue tempered the same in the boule sufficiently. A pinte of Rosewater will be sufficient to mingle with the said proportion: and if you finde the same not strong enough of the ciuet, then you may to euerie pint put one graine and a halfe, or two graines of ciuet to the weight of three graines of the aforesaide composition of oyles.

30. *To colour a blacke haire presently into a Chesnut colour.*

This

This is done with oyle of Vitrioll: but you muſt do it verie carefully not touching the skin.

31. *A preſent and delicate perfume.*

Lay two or three drops of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or ſtorax.

32. *To renew the ſent of a Pomander.*

Take one graine of ciuet, and two of muske, or if you double the proportion it will bee ſo much the ſweeter, grind them vpon a ſtone with a little Roſewater, and after wetting your hands with Roſewater, you maie worke the ſame in your Pomander. This is a ſleight to paſſe awaie an olde Pomander, but my intention is honeſt.

33. *How*

33. *How to gather and clarifie May-deawe.*

VVHen there hath fallen no raine the night before, then with a cleane and large ſponge, the next morning you maie gather the ſame from ſweet hearbs, graſſe, or corne: ſtraine your deawe, and expoſe it to the ſunne in glaſſes couered with papers or parchment prickt full of holes, ſtraine it often, continuing in the ſunne, and in an hote place till the ſame growe white and cleere, which will require the beſt part of the ſummer. Some commend May-dew gathered from Fennell and Celandine, to be moſt excellent for ſore eyes, and ſome commend the ſame (prepared as before) aboue Roſewater for preſeruing of fruits, flowers, &c.

34. *Diuers excellent ſents for gloues, with their proportions and other circumſtances, with the manner of perfuming.*

THe Violet, the Orenge, the Lemon duely proportioned with other ſents, performe this well, ſo likewiſe of Labdanum, Storax, Beniamin, &c.

The manner is this: Firſt lay your vmber vpon a fewe coales till it begin to cracke like lime, then let it coole of it ſelfe, taking away the coles, then grind the ſame with ſome yellow ocre, till you perceiue a right colour for a gloue: with this mixture waſh ouer your gloue with a little haire bruſh vpon a ſmooth ſtone in euerie ſeame and all ouer, then hang your gloues to drie vppon a line, then with gum Dragagant diſſolued in ſome Roſewater, and groũd with a little oile de Ben, or of

ſweet Almonds vppon a ſtone, ſtrike ouer your gloues in euerie place with the gum and oyle ſo ground together, dooe this with a little ſpoonge, but bee ſure the gloues bee firſt throughlie drie, and the colour well rubbed and beaten out of the glone; then let them hang againe till they bee drie, which will bee in ſhort time. Then if you will haue your gloue to lie ſmooth and faire in ſhew, goe ouer it againe with your ſpoonge, and the mixture of gumme and oyle, and drie the gloue yet once againe. Then grinde vppon your ſtone two or three graines of good muske, with halfe a ſpoonefull of Roſewater, and with a verie little peece of a ſpoonge take vp the compoſition by a little and little, and ſo lue it vpon your gloue lying vppon the ſtone. Picke and ſtraine your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp

to drie, and then finish the other side. Tenne graines of muske will giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thinne Lambes leather gloue: and if you worke vppon a kids skin or goates skinne, which is vsuall leather for rich perfumes, then you must adde more quantitie of the oyle of Ben to your gumme, and goe ouer the gloue twile therewith.

35. *Sweet bags to lie among linnen.*

Fill your bags onely with lignum Rhodium finelie beaten, and it will giue an excellent sent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

The last water that is drawne from honey being of a deepe red colour, performeth the same excel-

excellentlie, but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromaticall body.

Or elſe the haire beeing firſt cleane waſhed and then moiſtned a prettie while by a good fire in warme allom water with a ſponge, you maie moiſten the ſame in a decoction of Turmericke, Rubarb, or the barke of the Barberie tree, and ſo it will receiue a moſt faire and beautifull colour. The Dogberrie is alſo an excellent berrie to make a golden liquor withall for this purpoſe: beate your allom to powder, and when the water is redy to ſeeth, diſſolue it therein: foure ounces to a pottle of water will bee ſufficient, let it boile a while, ſtraine it, and this is your allome licour wherewith you muſt firſt prepare the haire.

37. *How to colour the head or beard into a Cheſnut colour in halfe an houre.*

TAke one part of lead calcined with ſulphur, and one part of quicklime, temper them ſomewhat thin with water, lay it vpon the haire, chafing it well in, and let it dry one quarter of an houre or thereabout, then waſh the ſame off with faire water diuers times, and laſtlie with ſope and water, and it will bee a verie naturall haire colour. The longer it lyeth vpon the haire, the browner it groweth. This coloureth not the fleſh at all; and yet it laſteth verie long in the haire.

Sapius expertum.

FINIS.